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Foods For Everyday Living

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FOODS FOR EVERYDAY LIVING

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To all home economics teachers in the Philippines
this book is sincerely dedicated.

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PREFACE

Experiences in good citizenship and the transmission of cultural patterns begin at home and are enriched and strengthened in school. On this premise, this book, the first of a series on home and family living, seeks to reach all members of the family through home economics instruction.

Far from being a mere recipe book, **Foods for Everyday Living** aims to tie up the selection and preparation of everyday dishes with the cultural heritage, in an effort to promote greater understanding among regional groups of people in the Philippines.

Through down-to-earth pointers on meal planning and preparation, enrichment of the diet, and care of the kitchen, it is fervently hoped that better food habits will result, particularly on a time-saving and low-budget basis.

The material is purposely prepared for home economics classes to provide pupils with opportunities for growth in better ways of living, with special emphasis on food consumption, conservation, and production.

M.A.C.
L.A.A.

ACKNOWLEDGMENT

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TO THE TEACHER

The material in this book may be taken up in any order but, whenever possible, discussion should be accompanied by practice, and the direction should be toward pupil performance on a self-help basis.

Since there is a wide range in levels of comprehension, aptitudes, and capacities among homemakers, both young and old, teachers will do well to observe the following guideposts:

1. Minimum requirements should be adaptable to the family needs and income, pupils' abilities and school facilities, and community resources.
2. Learning by doing is more important than learning by testing. The pupils may not be able to remember everything they read in this book, but the teacher feels rewarded if she notes improvement in their food preferences, attitudes, and ways of living, specifically in regards to the cooking and consumption of foods and dining areas.
3. To develop the cooperative spirit as well as to avoid undue expense, group work should be preferred to individual performance in cooking projects and other assignments.
4. For obvious reasons, cooking activities should start from the easiest, the best known, and the most needed.

M.A.C.
L.A.A.

TO THE YOUNG HOMEMAKER

This is your book on foods for everyday living.

It is not enough for you to eat or drink at regular hours day after day. You must also know what foods will keep you in the best of health, and how they should be selected, prepared, and served, so that you can get the most out of them with the least expense in money, time, and energy.

In this book you will learn about the food habits of various groups of people in this country. You will also learn about meals for the family, enriching the diet, using left-overs, and care of the kitchen.

This book is for you – girls, and boys as well – but your mother or grandmother may want to use it, too. Likewise, your father or grandfather may also want to read it. You may lend it to your neighbors.

This book is for everyone for whom homemaking can be a pleasure and an art. We can be better citizens by knowing more about foods for everyday living – what and how to eat, how to prevent waste of food, and how to help produce more food.

M.A.C.
L.A.A.

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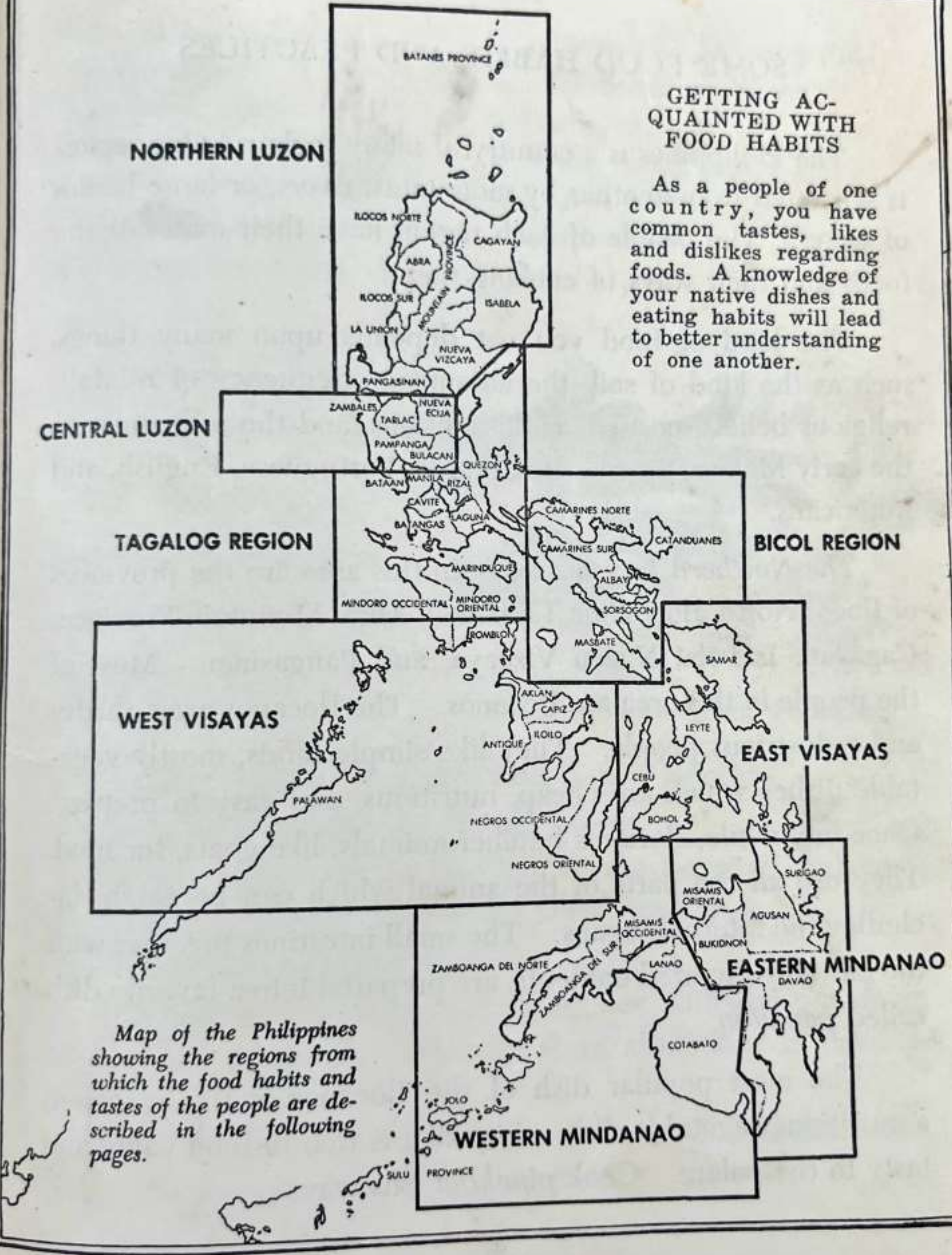
GETTING ACQUAINTED WITH FOOD HABITS

As a people of one country, you have common tastes, likes and dislikes regarding foods. A knowledge of your native dishes and eating habits will lead to better understanding of one another.


BATANES PROVINCE
NORTHERN LUZON
ILOCOS NORTE
CAGAYAN
ABRA
MOUNTAIN PROVINCE
ILOCOS SUR
ISABELA
LA UNION
NUEVA VIZCAYA
PANGASINAN
ZAMBALES
NUEVA ECIJA
TARLAC
CENTRAL LUZON
PAMPANGA
BULACAN
QUEZON
BATAAN
MANILA
RIZAL
CAVITE
BATANGAS
LAGUNA
CAMARINES NORTE
TAGALOG REGION
CAMARINES SUR
CATANDUANES
BICOL REGION
MARINDUQUE
ALBAY
MINDORO OCCIDENTAL
MINDORO ORIENTAL
SORSOGON
ROMBLON
MASBATE
SAMAR
AKLAN
CAPIZ
WEST VISAYAS
ILOILO
LEYTE
ANTIQUE
EAST VISAYAS
CEBU
PALAWAN
BOHOL
NEGROS OCCIDENTAL
NEGROS ORIENTAL
SURIGAO
MISAMIS ORIENTAL
AGUSAN
MISAMIS OCCIDENTAL
BUKIDNON
ZAMBOANGA DEL NORTE
LANAO
EASTERN MINDANAO
DAVAO
ZAMBOANGA DEL SUR
COTABATO
JOLO
WESTERN MINDANAO
SULU
PROVINCE

Map of the Philippines showing the regions from which the food habits and tastes of the people are described in the following pages.

SOME FOOD HABITS AND PRACTICES

The Philippines is a country of many regions. One region is separated from another by mountains, rivers, or large bodies of water. The people of each region have their own favorite foods and their ways of cooking them.

The kind of food you eat depends upon many things, such as the kind of soil, the amount or frequency of rainfall, religious beliefs, customs and traditions, and the influences of the early Malays, Spaniards, Chinese, Portuguese, English, and Americans.

The Northern Luzon Area. In this area are the provinces of Ilocos Norte, Ilocos Sur, La Union, Abra, Mountain Province, Cagayan, Isabela, Nueva Vizcaya, and Pangasinan. Most of the people in this area are Ilocanos. The Ilocanos are a thrifty and industrious people. They like simple foods, mostly vegetable dishes which are cheap, nutritious, and easy to prepare. Once in a while, Ilocanos butcher animals, like goats, for food. They use all the parts of the animal which can be eaten, including the internal organs. The small intestines together with the partially digested contents, are prepared into a favorite dish called *papaitan.*

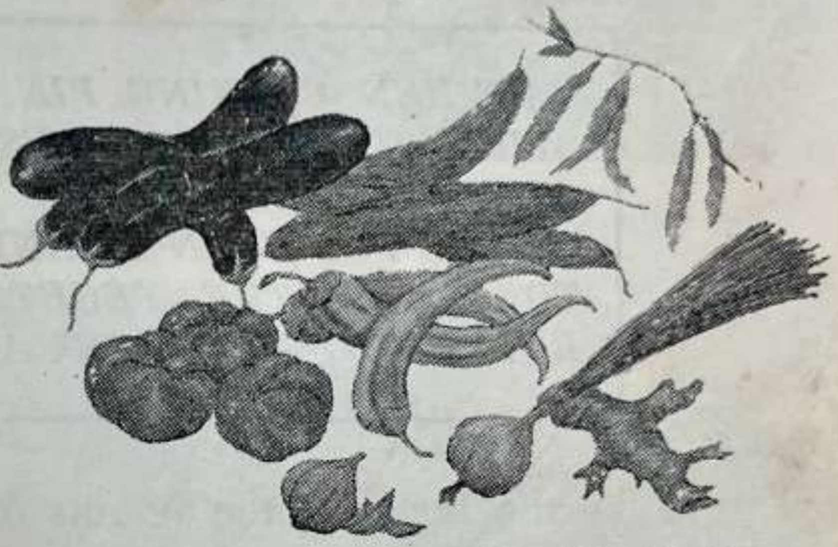
The most popular dish of the Ilocanos is the *pinakbet,* a nutritious vegetable dish. Pinakbet is rich in food value and tasty to the palate. Cook *pinakbet* this way:

Pinakbet

6 medium sized eggplants
3 medium sized amargosos
8 strings young beans
1/10 kilo of *tocino* or pork
4 tablespoons water
2 tablespoons *bagoong dilis*
4 fresh tomatoes, sliced
6 young okra
8 stalks young garlic
1/2 inch ginger
1 teaspoon salt

Sort, wash, and drain all the vegetables.

Slit the eggplants and amargosos lengthwise without separating the pieces.



Some ingredients for Pinakbet

String and cut the beans into 5-inch lengths.

Cut the pork into 1 1/2-inch pieces.

Add a little water to one half of the *bagoong* and mash the mixture with one half of the sliced tomatoes.

Strain and set aside.

Fill the slit eggplants and amargosos with the remaining *bagoong* and tomatoes. Arrange them alternately in the bottom of a clay pot.

Add the rest of the *bagoong* and tomatoes, and the beans, okra, and young garlic.

Peel and cut the ginger into slices. Add this to the vegetables. Add the salt.

Cover the pot and let stand for five minutes.

Place over a fire; when the mixture boils, lower the heat. Cook until the vegetables have shrunk in size, but not in crispness.

Serve hot. (Serves 5 to 6 persons.)

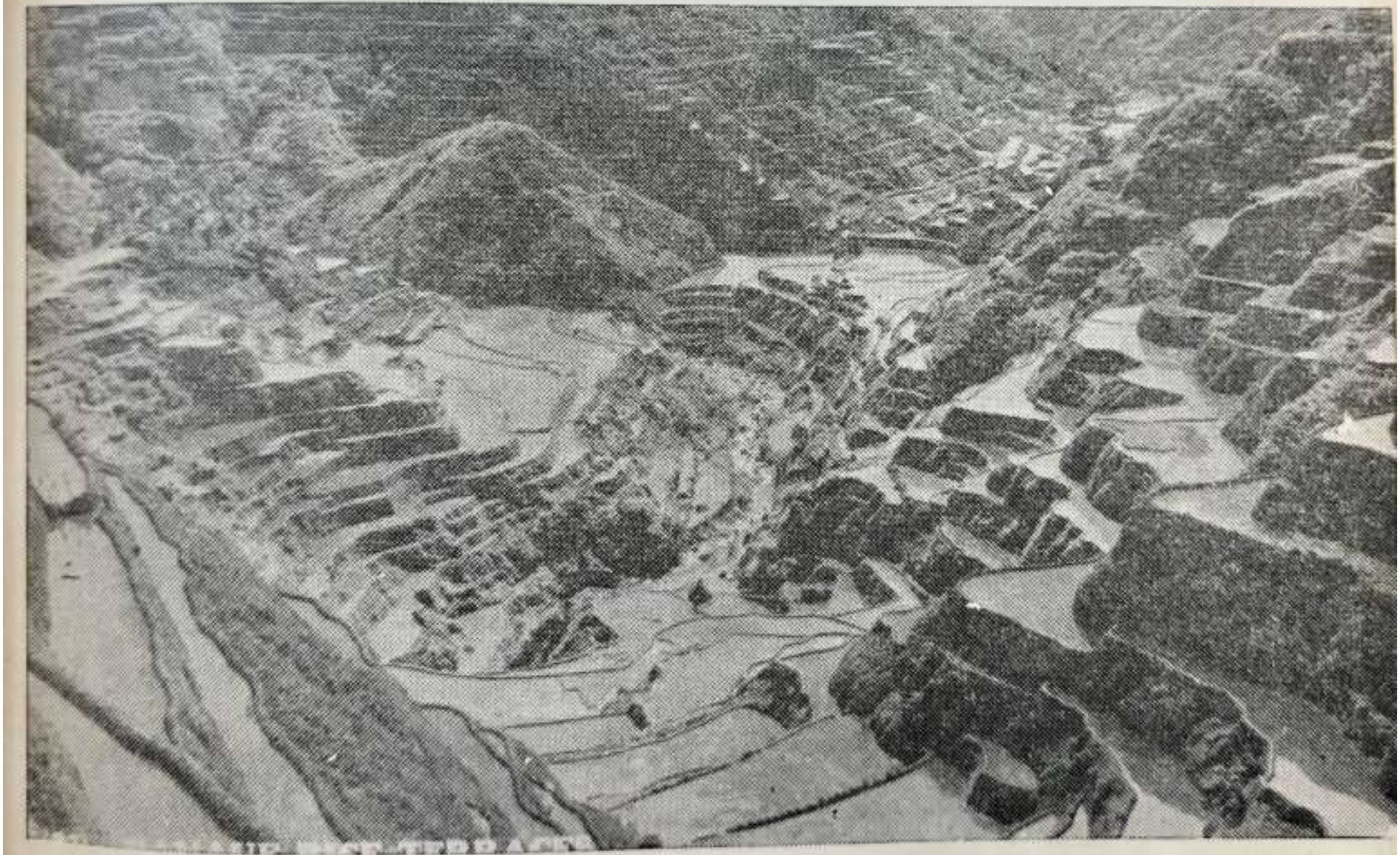
WHEN COOKING PINAKBET, DO NOT STIR THE VEGETABLES. WHEN IT IS ALMOST DONE, SHAKE THE CONTENTS OF THE POT IN AN UP-AND-DOWN MOTION TO ALLOW THE VEGETABLES AT THE BOTTOM TO GO ON TOP, AND VICE-VERSA.

Like the Ilocanos, the Igorots of the Mountain Province eat vegetables, such as *gabi* leaves and tubers. They also eat snails which they gather from crevices between stones and rice terraces. Although they produce vegetables extensively in their farms as in Trinidad Valley, these are sold to the lowland provinces instead of being used for their own needs. They serve meat only at weddings, births, and deaths. Favorite dishes among the natives during these occasions are *pissing* or chicken boiled until tender: *binangit* or pork with *gabi* leaves; and *demshang* or dog's meat eaten with rice wine. For their daily fare, *baksay*, made of *gabi* leaves and *bagoong* is most commonly served.

Some Igorot tribes have adopted many practices of their Christian brothers. Today, they eat more vegetables, use improved methods of tilling the soil, live in better constructed houses, and wear more appropriate clothes.

The rice terraces made by natives in Banawe are known as one of the wonders of the world.

An Igorot family at play



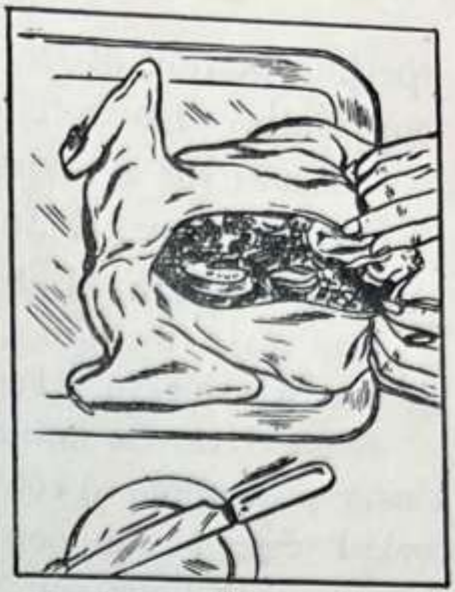
Banawe Rice Terraces

Planting rice in a Central Luzon Province

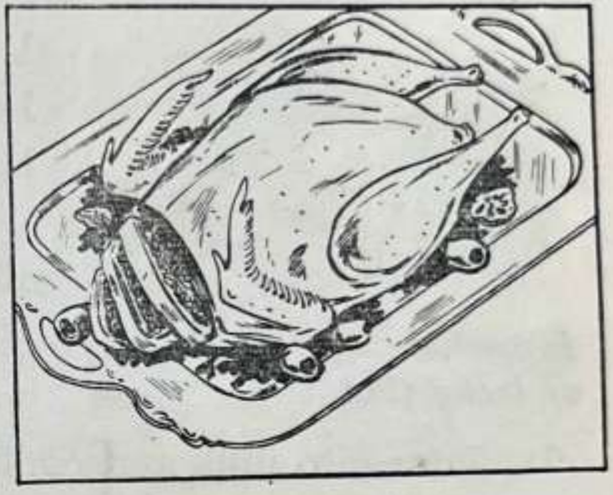
The Central Luzon region. It includes the provinces of Zambales, Tarlac, Nueva Ecija, Pampanga, and Bulacan. This region with its rich and fertile land is known as the rice granary of the Philippines.

The Pampangueñas lead in the art of cooking. However, dishes like the *relleno, pastel, cocido,* and *pansit palabok* were adapted from the early Spanish and Chinese delicacies. Housewives also make fine desserts, such as *turron de casuy, mazapan, leche flan, and biscochos borrachos.* These dishes are usually prepared for special occasions, like the town fiestas, weddings, or holidays. Below are two samples of special occasion recipes in this region.

Chicken Relleno



Stuffing chicken with pork mixture



Chicken relleno

1 large chicken, dressed and boned for stuffing
2 tablespoons *toyo*
2 tablespoons *kalamansi* or lime juice
3/4 kilo pork meat, ground fine
2 eggs, whole, unbeaten
2 pieces *chorizos de Bilbao*, chopped
1/4 cup grated cheese (preferably *queso de bola*)
2 medium-sized onions, chopped
2 red and green peppers, chopped
2 pieces sweet pickles chopped fine
1 small box raisins
1/2 tablespoon salt
2 pieces *pan de sal*, shredded fine
1 teaspoon monosodium glutamate
3 hard-cooked eggs, quartered
2 pieces Vienna sausage
1/8 kilo cooked ham, cut into strips
1/2 tablespoon salt

Soak the boned chicken in *toyo* and *kalamansi* juice.

Mix ground pork, unbeaten eggs, *chorizos de Bilbao* cheese, onions, red and green peppers, pickles, raisins, salt, and shredded *pan de sal*. And one teaspoon monosodium glutamate.

Stuff the chicken with pork mixture, placing quartered hard-cooked eggs, whole sausage, and ham in the center. Sew up the opening at the back of the chicken and wrap in *sinamay* cloth. Tie both ends.

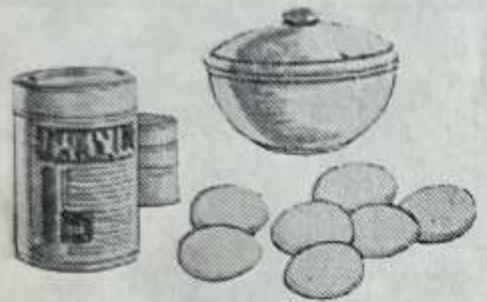
Steam for 2 hours in a tightly covered container.

When done, remove wrapping and brown stuffed chicken in deep hot fat. Let it cool. Slice and serve with sauce.

To make the sauce, measure and strain the stock where the chicken was cooked. For every cup of broth, use 2 teaspoons flour.

Saute 3 clovers minced garlic in 2 tablespoons margarine. Add 1 tablespoon chopped celery, 1 chopped red pepper, one chopped hard-cooked egg, 1 teaspoon monosodium glutamate, and *toyo* to taste. Thicken with flour and pour over stuffed chicken.

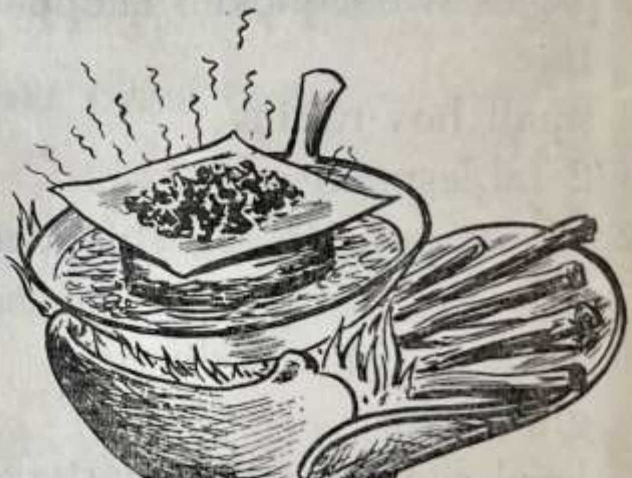
Leche Flan



Ingredients for milk custard or leche flan

1 cup refined sugar
1-1/2 cups evaporated milk, scalded
1 cup eggyolk (about 10 eggyolks)

Beat eggyolks, add sugar and mix well.



Steaming leche flan

Pour into milk and continue beating until well blended.

Prepare caramelized sugar and pour into a mold, allowing it to spread to the sides. Cool and set.

Pour egg-milk mixture into mold.

Steam in a covered container for about 60 minutes. To test for doneness, insert a clean toothpick into the *flan*. If the toothpick comes out clean, the *flan* is done.
(Serves 10 to 12 persons.)

Caramelized sugar

1 cup sugar, 1/4 cup water

Brown the sugar, add water, and let it boil into a thick syrup. Add grated rind of lime.

Pour into custard pan, turning the pan from side to side until the bottom of the pan is fully coated. Set aside to harden.

The Tagalog region. It consists of the provinces of Rizal, Cavite, Batangas, Laguna, Quezon, Bataan, Mindoro Oriental, and Mindoro Occidental. The Tagalogs are generally good cooks too. Their dishes are much simpler and easier to prepare than those of Central Luzon. *Sinigang* and *adobo* are two of the popular Tagalog dishes.

Sinigang consists of fish or meat cooked in boiling water with sour fruit. *Kamyas, santol*, green *sampalok*, green mangoes or young leaves of *sampalok*, and *alibangbang*, are some of the souring ingredients used for *sinigang*. Vegetables, like banana bud, string beans, *kangkong*, okra, and eggplants, are added to this dish. The addition of many different kinds of vegetables will make the dish richer in substance and more tasty.

Adobo is a dish of pork, chicken, cooked with crushed garlic, vinegar, and soy sauce. The mixture is first cooked until the meat is tender and most of the liquid has evaporated. It is then fried in a little fat or in its own fat until golden brown.

Other popular Tagalog recipes are the *dinuguan* made of the internal organs of butchered animals and cooked with pork blood; *hipong halabos* or shrimps, boiled in a small amount of water and a little salt; *kari-kari*, a more elaborate dish of cow's head, shank, tail, or tripe cooked until tender.

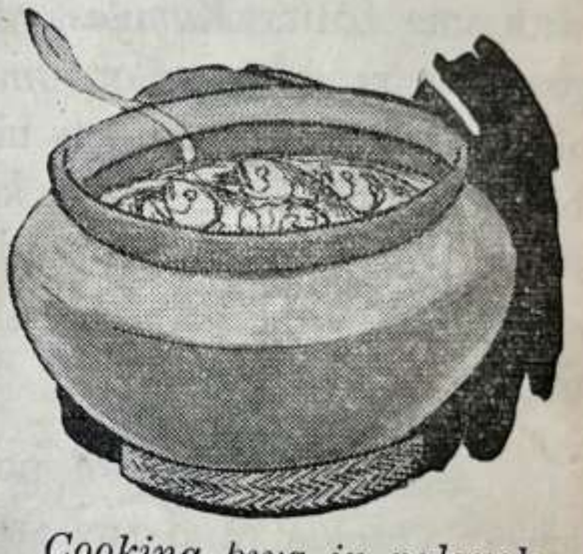
Vegetables and pounded peanuts are added to improve the flavor. This dish is colored with *atsuwete* and served with *bagoong*.

On eating habits, the Tagalogs are divided into two groups: the with *gata* eating group and the without *gata* group. *Gata* is the milk of the meat of the mature coconut. The meat is grated and pressed through a sieve to get the milk. The Tagalogs of the Southern Luzon area use *gata* in their food.

Biya with *gata* is a well known dish in this region. Here's how you can make it.

Biya with *gata*

6 medium-sized *biya*
salt to taste
6 okra, cut into halves
a piece of yellow ginger, bruised
2 cloves garlic, minced
1/3 cup vinegar
2 fresh hot peppers
2/3 cup thick coconut milk



Cooking biya in palayok

Clean the fish and cut into desired pieces. Sprinkle with salt. Place the fish in a pot.

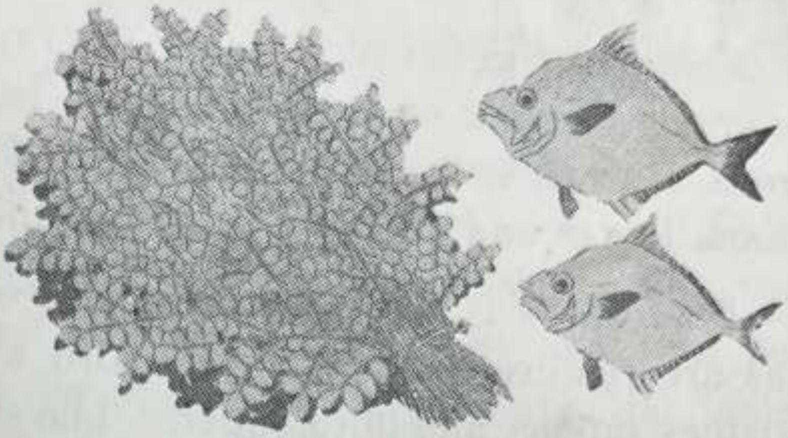
Add the okra, ginger, garlic, vinegar, and pepper. Boil.

Add coconut milk and continue to cook for a few more minutes. (Variation: *alagaw* tops or mustard leaves may be added instead of okra. Serves 5 to 6 persons.)

A simple Tagalog recipe without *gata* is the *pangat.*

Pangat

20 to 25 small *sapsap*
salt to taste
4-6 medium-sized tomatoes
1 small bundle of *malunggay* leaves



Ingredients for pangat

Clean the fish and remove the entrails.

Place the fish inside a clay pot, sprinkle with salt and add enough water to cover.

Add the whole tomatoes and *malunggay* leaves.

Boil until done.

To serve, mash the tomatoes and season with the fish stock. Serve sauce with the fish.

If preferred, *kalamansi* juice may be used instead of tomatoes. (Serves 6 persons)

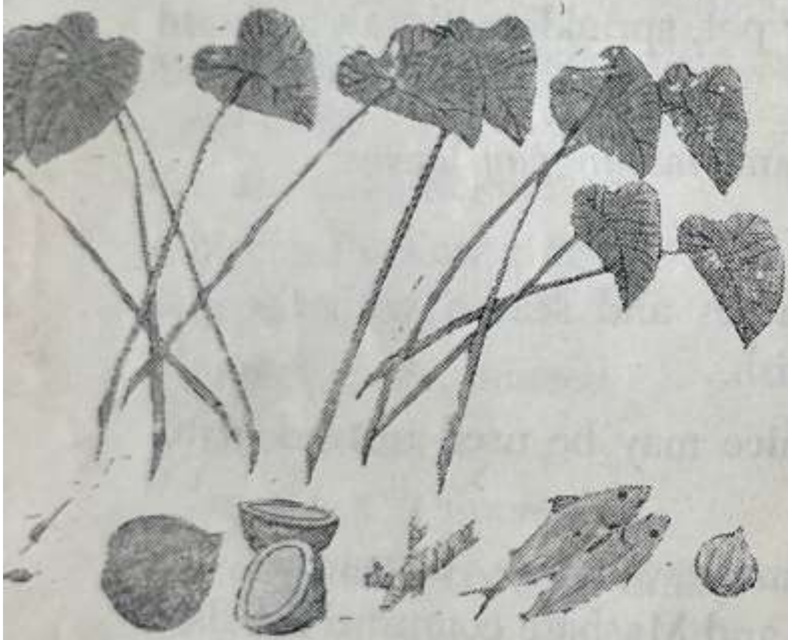
The Bicol Region — Camarines Norte, Camarines Sur, Albay, Sorsogon, Catanduanes, and Masbate comprise the *Bicol Region.* Residents of this area are called Bicolanos. Like the Southern Tagalogs, the Bicolanos like coconut milk in their food. In some places, *siling labuyo,* a small hot pepper fruit, is added to the coconut milk recipe. The wilted leaves of the *gabi* are often added. *Natong* is the Bicol name for *gabi* leaves. Dried *gabi* leaves cooked in coconut milk and hot pepper is a favorite recipe of the Bicolanos.

Other typical recipes of the Bicol area are the *pinangat* and *tanaguktok.*

Pinangat consists of shrimps, crab meat, and the meat of the young coconut cooked with large hot pepper. This mixture is sauteed in garlic and onions. Then it is wrapped in banana leaves and cooked in coconut milk.

Tanaguktok is another fish dish in which the internal organs are removed and replaced with a mixture of chopped tomatoes, onions, and hot pepper. The stuffed fish is wrapped in banana leaves and cooked in coconut milk.

Your family may want to try *natong* with coconut milk. Here is a recipe that is easy to make.



Ingredients for gabi leaves with coconut milk

Gulay na Natong

1 cup thick coconut milk
1-1/2 cup thin coconut milk
10 stalks of *gabi*
2 pieces of dried fish
a piece of ginger and 3 cloves garlic
3 pieces of *siling labuyo*

Grate the coconut and exact thick milk to fill one cup. Set aside.

Add water to the coconut and extract 1-1/2 more cups of milk. Set aside.

Sort and slice the young stalks and leaves of the *gabi.*

Put fish together with the sliced *gabi* and thin coconut milk in a pot.

Add the garlic, ginger and hot pepper.

Bring to boil and add the thick coconut milk.

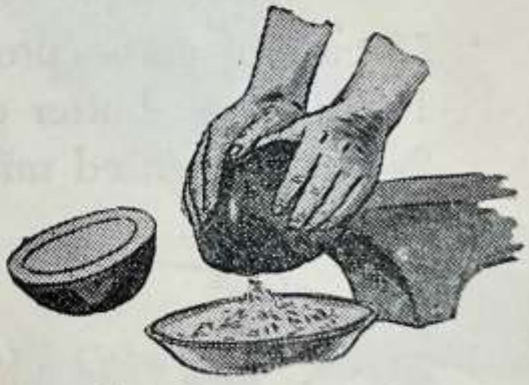
When oil begins to appear, remove from the fire.

Serve hot. (Serves 6 persons)

The East Visayan Region. The provinces included in this region are Samar I, Samar II, Samar III, Leyte and Southern Leyte, Bohol, and Cebu. Like the Bicolanos, the Visayans of this region use coconut milk in their food, but little or none of the hot pepper. Fish abound in the waters surrounding the islands. A favorite delicacy in this area is *kinilao* which is often served as an appetizer or *pulutan.* In some places it is used as a main dish. *Kinilao* is the dish to serve when your family desires something different.

Kinilao

10 big *dilis* (*tuwakang*)
6 medium-sized *kalamansi*
  or 1/4 cup vinegar
salt to taste
meat of 1/2 mature coconut
a small piece of ginger,
  sliced fine
1/4 – 1/2 onion, sliced thin,
  lengthwise
2 to 3 stalks young onions



Grating coconut

Use only fresh *dilis.* Clean and remove heads, intestines, and spines.

Soak the fish in *kalamansi* juice or vinegar and sprinkle with salt.

When the fish turns whitish in color, remove fish from juice.

Grate the coconut, add *kalamansi* juice and salt, then extract the milk.

Add ginger and onions to the coconut milk. Pour this over the fish.

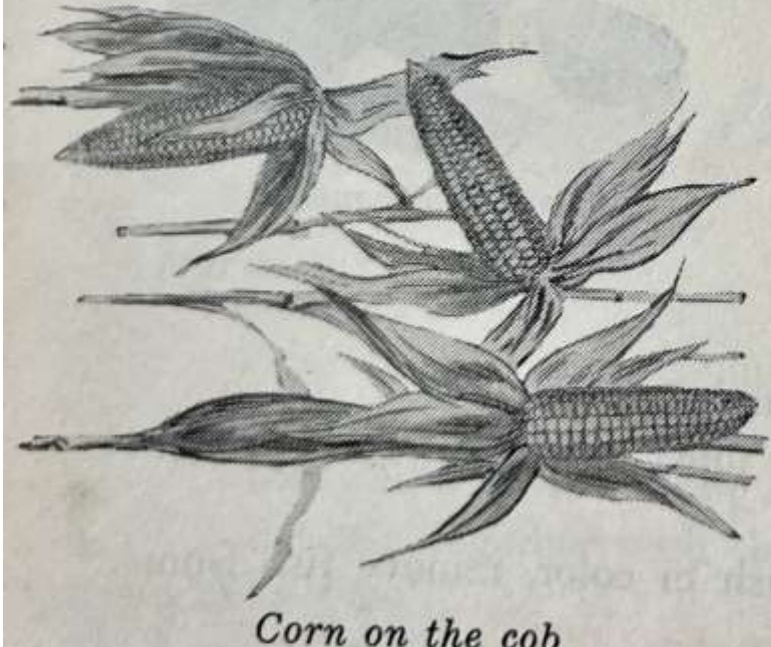
Serve cold with chopped young onions, boiled green *saba* bananas, *kamote,* or *gabi.* (Serves 6 persons)

In some parts of East Visayas, the land is dry and sandy. It is good only for growing tuber crops, such as *gabi* and *ubi*. *Gabi* and *ubi* from Cebu, Bohol and other islands are well known in Manila markets. Boiled *gabi* or *ubi* with grated coconut and brown sugar are good for snacks.

The staple food of the people is corn. It is more filling than rice. Corn contains more protein than any other local cereal. It is found in many dishes of the East Visayans. Their corn *suman* is very popular.

Corn Suman

25 ears of corn (preferably the yellow kind)
1 tablespoon butter or other fat
2 cans condensed milk



Corn on the cob

Scrape the young corn from the cob and chop fine.

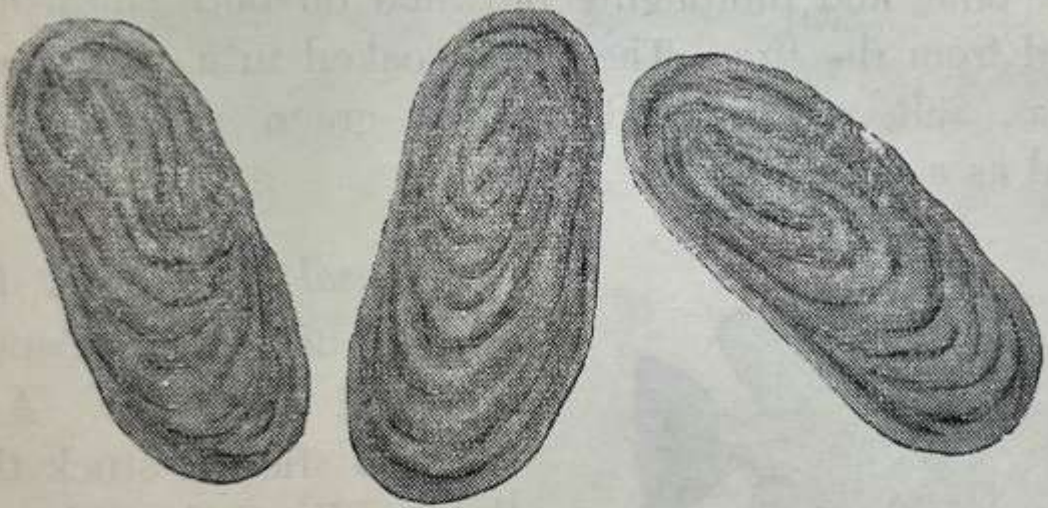
Add butter and condensed milk. Mix thoroughly.

Fill each husk with 2 or more tablespoons of corn mixture and wrap well.

Arrange in a deep pot and add enough water to cover. Bring to boil and continue cooking until done. Serve hot or cold. (Serves 15 to 16 persons)

Have you tasted *hojaldres*?

Cebu is noted for its *hojaldres*. This is a kind of pastry which has been adapted from the Spanish recipe. *Hojaldres* is made of flour, butter, eggs, and sugar. It is delicious for snacks and *meriendas*. It goes well with fruit juice, milk, or other drinks. *Hojaldres* is also known as *utap*.



Hojaldres or Utap of Cebu

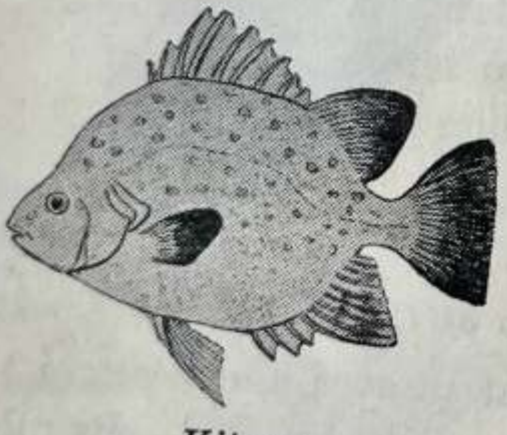
Unlike the barren and dry East Visayas, the *Western Visayan* region has a fertile and more productive soil. Its rains are moderate and the soil is rich, making the land suitable for sugar, rice, corn, and abaca. The provinces of Iloilo, Antique, Capiz, Aklan, Negros Oriental, Negros Occidental, and Palawan all belong to Western Visayas. The waters around this region abound in fish. There is more fish than what the people in this area can eat. So part of the fish catch is dried.

Drying fish has become one of the important industries of the people living along the coastal towns. Dried fish from the region is exported to Manila and other parts of the archipelago.

Like the Ilocanos, the Western Visayans are fond of vegetable dishes to which they also add dried fish or shrimps. Some popular dishes along the coastal towns and in the inland farms are *laswa, linagpang, inasal,* and *Pansit Molo.*

Laswa is a dish made of vegetables such as *alugbati, lupo, kulitis,* and *kangkong*. These vegetables are boiled in a little water. *Bagoong,* dried fish, and tomatoes are sometimes added to the dish.

Linagpang is a dish made of a thick-scaled fish like the mullet or *kitang*. The fish is broiled over live charcoal. When done and thoroughly browned on both sides, it is removed from the fire. Then it is soaked in a sauce made of vinegar, salt, ginger, and mashed green pepper. This is served as a main dish.



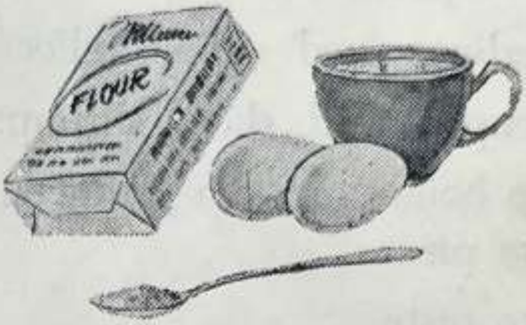
Kitang

Inasal is another fish recipe. The fish is cleaned and seasoned with salt. A sharp bamboo stick is stuck through the middle of the fish which is then cooked over live charcoal.

In some parts of Western Visayas, like Negros Occidental, Romblon, and Palawan, a fish dish made of *pagui* called *linabug* is prepared like that of the Eastern Visayan's *kinilao*. It is also served as an appetizer and sometimes as a main dish.

The families who live in towns and cities have richer food and more elaborate ways of cooking them. An example of this is the *Pansit Molo*. This recipe is named after Molo City in Iloilo. Many housewives all over the country have learned to cook this dish. *Pansit Molo* can be served as soup at the beginning of a meal or as a heavy snack in the afternoon.

Pansit Molo



Ingredients for pastry

Pastry:

2 cups flour
1/4 teaspoon salt
2 egg yolks or 1 whole egg
1/8 cup water

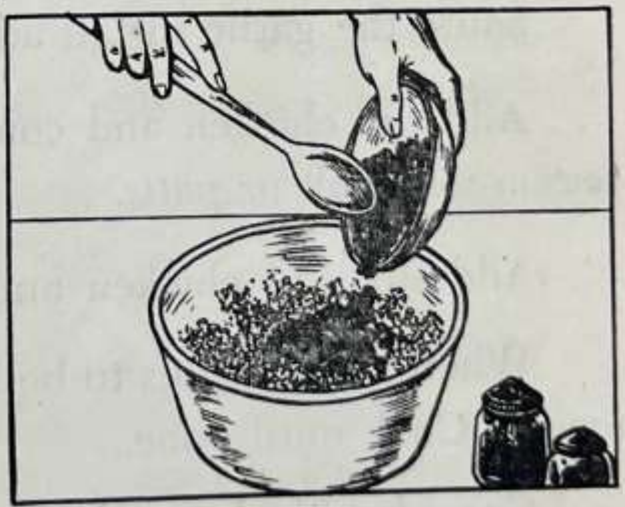
Sift the flour with salt.

Add the eggyolks and mix with the fingers.

Add the water and continue mixing until the dough becomes smooth and fine.

Roll dough on a floured board to a thin paste, almost paper thin.

Cut into triangular pieces. Set aside until filling is ready. (Makes 25 to 30 wrappers)



Ground pork filling

Filling:

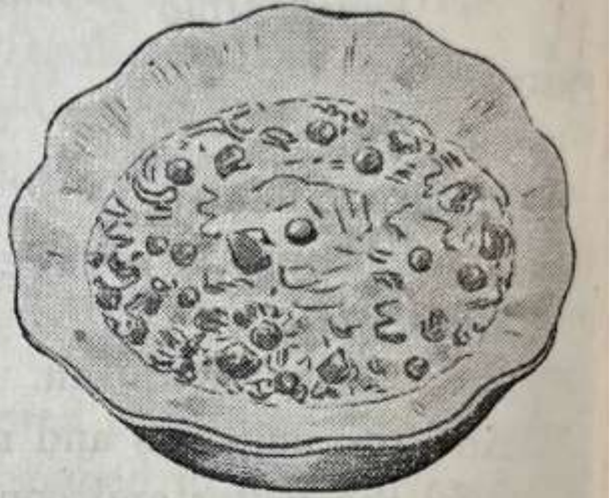
1/2 tablespoon minced garlic
1 cup ground pork
salt and pepper to taste
1 tablespoon *toyo*
2 tablespoons chopped *kasuy*
2 eggyolks or 1 whole egg

Saute the garlic, and add the pork and other ingredients.

When done, fill triangle wrappers with this mixture and fold tightly to close the edges. Set aside.

Here is the broth mixture —

1 tablespoon garlic, minced
2 tablespoons fat
1 medium-sized onion, sliced
1/2 cup cooked, sliced shrimps
1 cup boiled chicken meat, cut into pieces
salt to taste
10 to 15 cups chicken and shrimp stock
1 small bundle young onions, chopped
1/4 cup chopped celery
1 hard-cooked egg, sliced


Pansit Molo

Saute the garlic in fat, add the onions and shrimps.

Add the chicken and continue cooking for five minutes; season with salt or *patis*.

Add stock of chicken and shrimp.

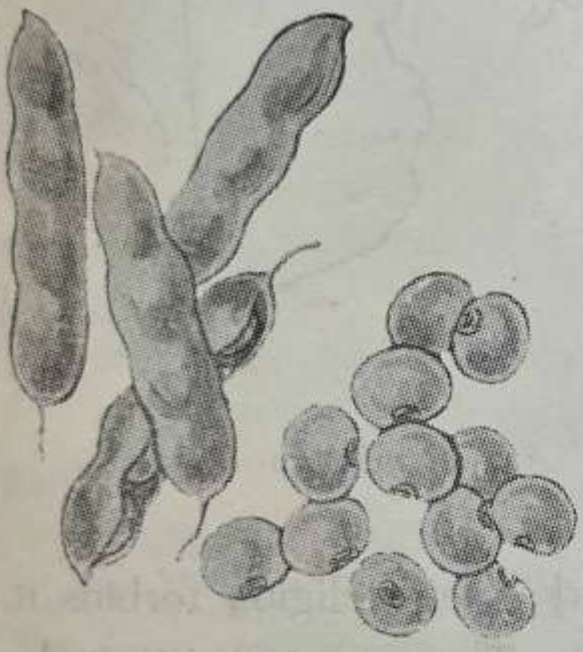
When broth begins to boil, drop in the pieces of wrapped meat. Cook until done.

Garnish with chopped young onion leaves celery, and sliced hard-cooked eggs.

Other typical dishes of this region are *tinumkan* and *kadyos.* In *tinumkan* the fish is pounded fine and mixed with chopped onions. The mixture is then wrapped in banana leaves and boiled in coconut milk.

Kadyos is a favorite vegetable of many Visayans. When cooked with meat, fish or shrimps, it is nourishing and delicious, as well as simple and inexpensive.

Kadyos



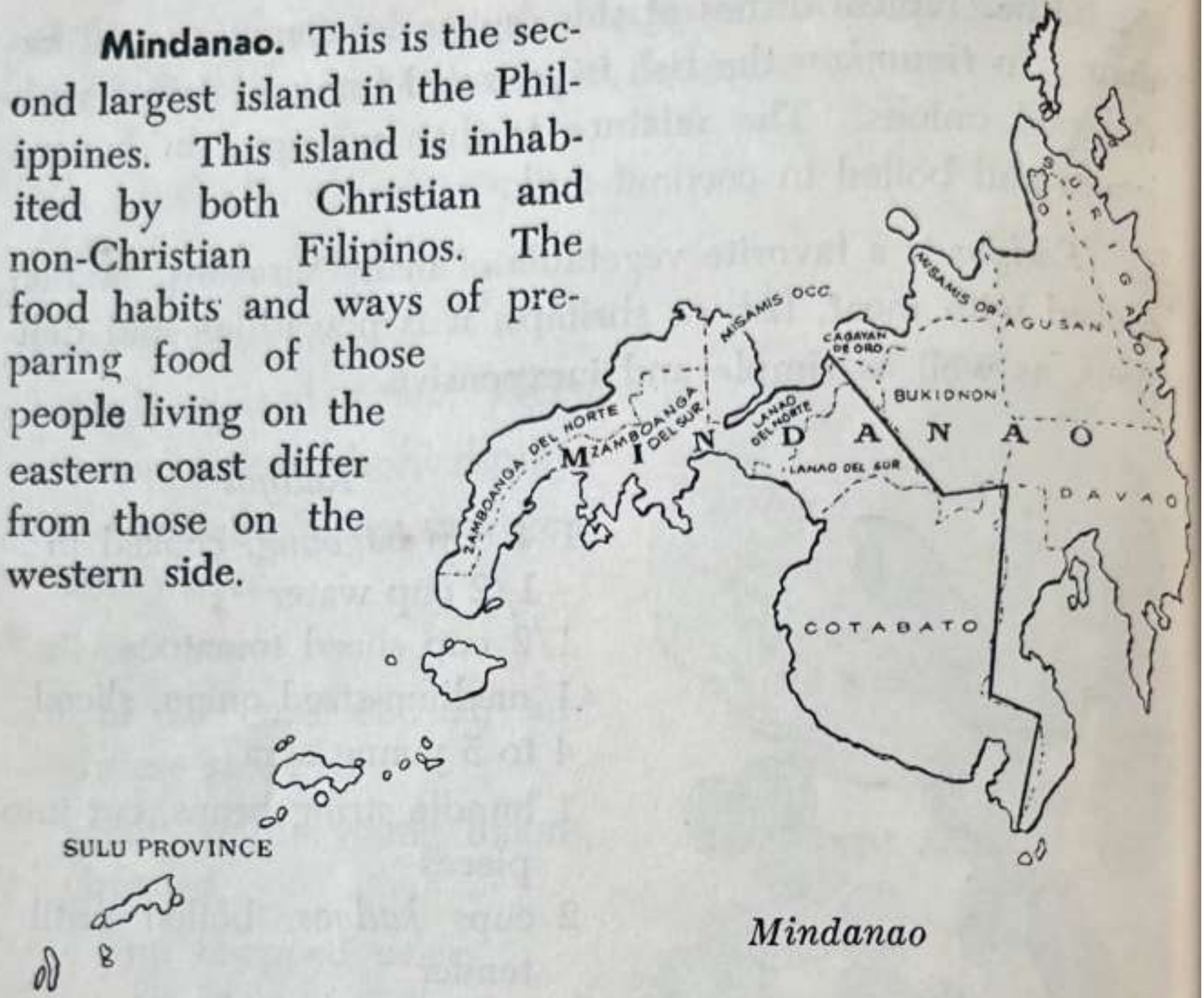
Kadyos

1/4 cup *bagoong,* cooked in 1/2 cup water
1/2 cup sliced tomatoes
1 medium-sized onion, sliced
4 to 5 young okra
1 bundle string beans, cut into pieces
2 cups *kadyos,* boiled until tender
2 medium-sized milkfish broiled
1 bundle *malunggay* tops
salt and pepper to taste

To the boiling water with *bagoong,* add tomatoes, onions, okra, and string beans.

Cover and continue boiling.
Add the boiled *kadyos* and continue cooking.
Add the broiled fish, then the *malunggay* tops.
Season with salt and pepper. Serve hot.
(Serves 8 to 10 persons)

Mindanao. This is the second largest island in the Philippines. This island is inhabited by both Christian and non-Christian Filipinos. The food habits and ways of preparing food of those people living on the eastern coast differ from those on the western side.


MISAMIS OCC
MISAMIS OR.
CAGAYAN DE ORO
AGUSAN
BUKIDNON
ZAMBOANGA DEL NORTE
ZAMBOANGA DEL SUR
LANAO DEL NORTE
LANAO DEL SUR
MINDANAO
DAVAO
COTABATO
SULU PROVINCE

Mindanao

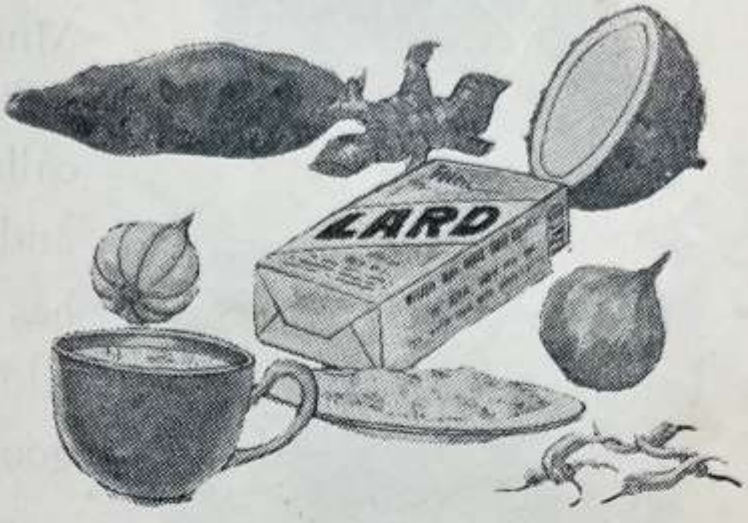
The Muslims, do not eat pork, their religion forbids it, but they eat carabao or goat meat. These non-Christian also use coconut milk in their food. They use yellow ginger for its color and flavor. Vegetables are seldom used. The natives near Lake Lanao are, however, fish eaters.

Muslim dishes are quite different in many respects from other Filipino dishes. People who have tasted Muslim dishes for the first time say that it made them think of the mystery of some ancient ceremony. Such dishes as *piassok*, *pialam*, and *landang-landang* are typical Muslim favorites.

For a change in your menu, try a Muslim dish, such as *piassok.*

Piassok

meat of 1/2 coconut
a small piece of ginger
a piece of yellow ginger
1 onion
1 head garlic
3 tablespoons lard
1 kilo beef cut into 1-inch cubes
2 cups coconut milk
salt and pepper to taste
butter



Ingredients for piassok

Roast the coconut meat until black.

Pound it fine with ginger, yellow ginger, sliced onion and garlic.

Saute the mixture and add the pieces of beef.

Add the coconut milk and boil until tender.

Season with salt and pepper.

Cook until dry. Remove from the fire.

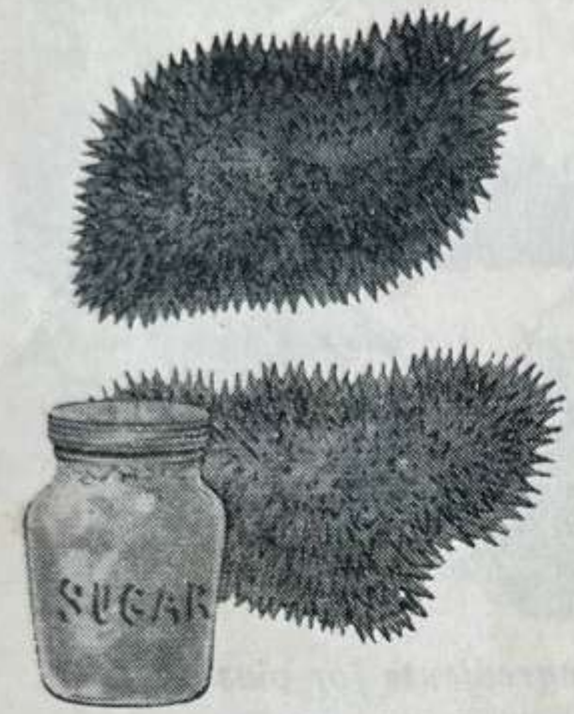
Get 5 coconut leaf midribs and stick, 5 cubes of beef per stick.

Rub the beef with butter and roast for a few minutes.

Serve hot.

A well-known fruit from Mindanao is the *durian.* This fruit is delicious but it has a very unpleasant odor. Some Muslims believe that it gives unusual strength to any one who eats it. Because of this, *durian* has become a very popular fruit in the locality.

Durian is a rich food and has practically the same composition as avocado, *guyabano,* and *langka.*



Durian

The Christian Filipinos in Mindanao have developed a delicacy out of the *durian.* It is called *durian* paste. Flavoring and sugar mixed with the fruit has lessened the unpleasant odor. Durian paste makes a good dessert.

Another fruit from Mindanao which is also well-liked is the mangosteen. It has a pleasing odor and a sweet-sour taste. One never tires of this fruit.

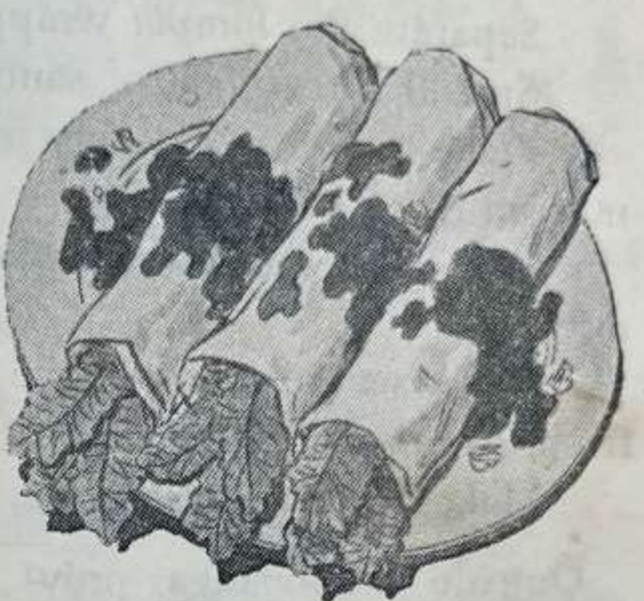
The edible part of the mangosteen fruit is the fleshy white pulp enclosed in a tough skin. It is usually eaten raw. The skin of the mangosteen is believed to have medicinal value. The water in which it has been boiled is taken as a drink.

The Christian Filipinos living on the western side of Mindanao, particularly those in Zamboanga, have developed food habits similar to those of the early Spanish and Chinese settlers. They like to eat food with plenty of spices and sauces. *Lumpia* and *pansit* are favorite dishes. There are many variations of *lumpia.* One very popular variation is made of *ubod.* Here is how to cook it.

Lumpia Ubod

1/2 cup diced pork fat
1/2 head garlic, minced
1 onion, sliced
2 cakes *tokwa,* diced
3/4 cup shelled shrimps
1/2 cup chicken meat,
  boiled and flaked
3 cups shredded *ubod*

1/2 cup potatoes, diced
1/2 cup carrots, diced
1/2 cup chicken broth
salt to taste
15 to 20 *lumpia* wrappers
lettuce leaves, fresh



Fresh Lumpia

Put the pork fat in a *carajay* with a little water and cook until dry.

Lower the heat and let the lard come out.

Saute the garlic and onions; add the *tokwa,* and cook until golden brown.

Add the shrimps, chicken, *ubod,* potatoes, carrots, and chicken broth.

Boil and season with salt.
Cook until done. Set aside.
Prepare the sauce.

Lumpia sauce

Mix together, 2 cups water, 2 tablespoons toyo, 4 tablespoons brown sugar, 1 teaspoon salt and 2 tablespoons cornstarch.

Set over fire and cook stirring continuously until thick. Toasted garlic may be added to the sauce.

Separate the *lumpia* wrappers.

Spread a teaspoon of sauce on one side of wrapper.

Place two lettuce leaves and one teaspoon chopped peanuts on the other side.

On top of the lettuce, pile two spoonfuls of the *lumpia* mixture.

Wrap securely and serve with sauce. If desired, add fresh, chopped garlic on top of each *lumpia*.

Makes 15 to 20 servings.

Outside Zamboanga province, the eating habits of the people are brought by the immigrants from their own regions. These groups of people are now scattered all over the island of Mindanao. Wherever they go they carry with them their own food habits. Gradually the Ilocano, the Tagalog, and the Visayan cooking are being put together into a common cooking art. The different dishes are prepared as Filipino dishes.

Moro vinta

Class Activities

1. Something to talk about

a. In what region of the Philippines do you live?
b. What dishes do you like best?
c. Are you familiar with those dishes discussed in this chapter?
d. Which of them do you serve at home?
e. What can you say about them?

2. Something to do

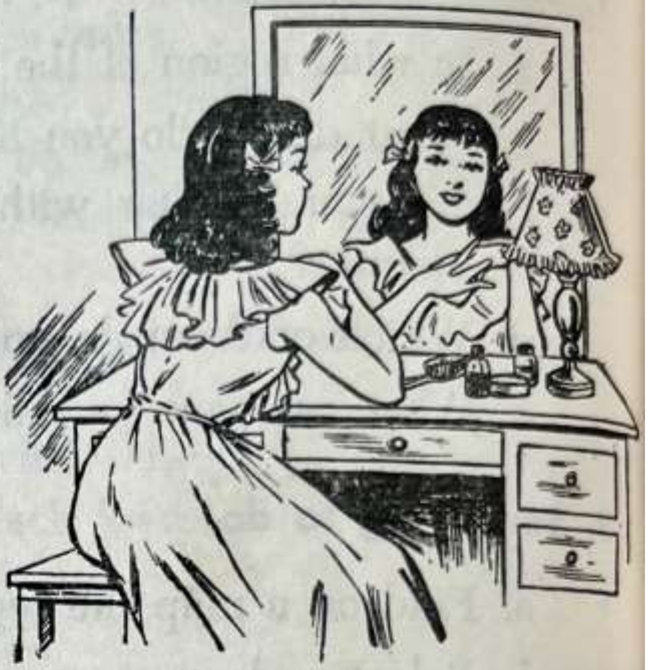
a. Find on a map the region where you live.
b. Select and prepare a popular dish and serve it to the class.
c. Divide the cost by the number of servings to determine if it is economical or not.
d. Make a list of recipes you often serve at home, which are popular in your own region.

3. Word study

a. archipelago
b. adopted
c. bruise
d. caramelized
e. charcoal
f. dough
g. evaporated
h. ingredients
i. cloves
j. sieve

Unit One

YOU AND YOUR FOOD



A look in the mirror

Look in the mirror. Do you have rosy cheeks? Are your muscles firm? Can you stand erect? The food you eat everyday has something to do with all these.

Food is nourishment. It sustains and keeps active the living tissues of your body. Your blood, your bones, your nerves, and your body cells get their nourishment from the food you eat. If you eat well you grow properly; you feel strong and happy.

A newly born baby

If your food is not enough, then you feel weak and listless. You have little interest in the things you see and do. Your growth is slow. Human beings, animals, and plants need food. Food is essential to life.

Food has many uses. It provides protein substances for growth. For example, a healthy infant doubles its weight and size in six months, trebles it in twelve months. After two years, it is usually one third the size of an adult. This continuous growing up depends on the food he eats.

Food is also used to develop firm, strong muscles. It supplies the substances for making the different cells of the body healthy. Observe a newly born baby. Feel how soft are his muscles and bones. After the baby has been fed with his mother's milk for a month or two, his bones and muscles become firmer and harder. Milk is the best food for babies. It is rich in protein. It is good for you, too, and for everyone in your family.

The baby after one year

The baby after two years

Food keeps the tissues of the body in constant repair. Do you notice how your skin peels off when it is dry? How your hair grows after it has been cut? How your wound heals after it has been treated? These are some samples of the growth and repair going on in your body everyday.

Food gives the body energy and heat for work and play. Like an engine, your body needs fuel for such activities as playing, talking, and breathing. The more active you are the more fuel you need. After playing or studying, you feel hungry and tired. A piece of bread and a glass of fruit or vegetable juice will make you feel strong again.

Your body needs food for body processes, like digestion of food, assimilation, absorption, elimination of wastes, and circulation of the blood. These activities need the regulating substances called minerals which are found in food. Minerals are also needed by the body for muscular movement, nerve sensation, use of foodstuffs, and for neutralizing acid substances.

Minerals are substances present in very small amounts in food. The most important of these are calcium, phosphorus, iron, iodine, and salt. Foods, like shellfish, milk, leafy green vegetables, beans, oysters, and clams, are rich in mineral substances.

Calcium helps harden the bones and teeth. It helps coagulate the blood in cuts and wounds. It also helps contract the muscles of the heart in the process of sending blood to the different parts of the body. If your food lacks calcium, your teeth decay early in life.

Iron is needed by the body to carry oxygen to all body cells. It helps maintain a balance of fluids within the cells. It helps make the blood red. Persons lacking in iron in their blood are said to be anemic. Fresh mustard, *malunggay*, and spinach are rich in iron substances. Include plenty of these vegetables in your meals.

Phosphorus is important to every living cell. It helps in the thorough use of calcium. Small shrimps eaten with their shells are sources of phosphorous and calcium.

Iodine is found in seafoods. It is necessary for the work of the thyroid glands. This glands are located in front of the base of the neck. A lack of this mineral in your food causes goiter, or enlargement of the thyroid glands. Have you seen a person with large swellings at the base of his neck? It is a sign that this person needs more seafoods in his diet. Use iodized salts or foods rich in iodine to prevent goiter. Sea foods are particularly rich in iodine salts.

Salt is a mineral food which comes from the salt beds along the sea coasts. Las Piñas in Rizal, and Dagupan in Pangasinan produce salt for the homes in those places and neighboring provinces.

Food contains other substances which help the body in preventing deficiency diseases. Deficiency diseases, like beriberi, anemia, rickets, bleeding and swelling of the gums are caused by the absence of important nutrients in the food you eat. These preventive foods as they are called are known as vitamins. Vitamins are chemical substances. They are easily lost in the preparation of most foods. Too much exposure to air and water, overcooking, and drying are some of the ways through which these important vitamins are lost.

The specific functions of some known vitamins and their sources are summarized thus:

Nutrients	**Functions**	**Sources**
Vitamin A	–for good complexion and glossy hair	– green and yellow fruits and vegetables
Vitamin B^1	–for vitality	– unpolished or enriched rice, whole grain cereals and *darak* (*rice bran*)
Vitamin B^2	–for the nerves	– milk, squash

Vitamin C – for the blood – citrus fruits and raw vegetables

Vitamin D – for the bones – cod-liver oil and sunshine

When you note any of the following symptoms, check your vitamin intake:

1. When your vision is poor, especially in a semi-dark place, or when your eyelids are inflamed or bursting at the margins; when your hair is course and brittle, or your skin is dry and scaly, you are deficient in Vitamin A.
2. The feeling of muscular weakness or heaviness, cramps, burning sensation of the feet, or edema in pregnant mothers often means a lack of vitamin B^1 or thiamine.
3. Lesion at the corner of the mouth or *singaw*, tiny red lines extending around or across the cornea and inward to the pupil of the eye, delayed growth in children, indicate deficiency in vitamin B^2 or riboflavin.
4. Bleeding or swelling of the gums indicate a deficient supply of vitamin C or ascorbic acid.
5. Softening or bending of the knees, knock-kneed, bowlegged or flat-footed conditions of development are signs of vitamin D and calcium deficiency.

A well-balanced meal with plenty of raw vegetables and fruits will supply the body needs for vitamins.

Water, an essential need of the body, is not a food. It is taken with your food in different forms. Water supplies fluids for digestion, assimilation, and absorption of food.

Take at least eight glasses of water every day. Take one in the morning upon waking up, another at breakfast, the third glass at mid-morning snack, the fourth and fifth glasses at lunch, the sixth at the mid-afternoon snack, the seventh at supper and the eighth glass before going to bed. Avoid taking iced water after meals. Iced water prevents proper digestion of food.

After learning all these facts about food and its uses in the body, you will be richly rewarded if you follow them in planning and preparing your meals. Ask the help of the other members of your family when making your plans.

Class Activities

1. Something to review:

a. What is food?
b. Why do you need food?
c. Give examples of the uses of food in the body.
d. What are regulating foods?
e. What are preventive foods?

2. Things to remember:

a. Without food there can be no life.
b. Your body is like an engine; it needs fuel to make it work.
c. Minerals help regulate body processes.
d. Vitamins prevent deficiency diseases.
e. Include raw fruits and vegetables in your meals every day.

3. Something to do:

a. Find your weight and height.
b. Compare them with the normal weight and height for your age.
c. Keep a record of your monthly weight and height. If you find no improvement, correct your food habits.

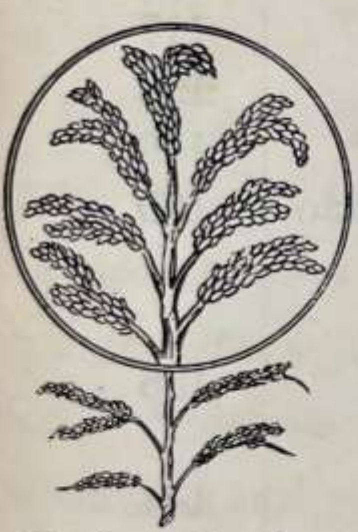
4. Word study

a. cell
b. circulation
c. coagulate
d. digestion
e. edema
f. growth
g. listless
h. pregnant
i. repair
j. thyroid glands
k. muscular
l. sensation
m. neutralizing
n. contract

FOOD AND ITS SOURCES

Rice, fish, meat, vegetables, fruits and the groceries you buy from the market come from many different sources. Rice, vegetables, and fruits are grown by farmers. Meats from cattle, hogs, and poultry are raised in stock farms, while many of the canned goods and groceries are imported or locally prepared and canned. Before reaching your table, these foods pass through many hands. The farmer, rancher, fisherman, producer, factory hand, and transportation worker have a part in making your food reach your table every day.

How are foods produced? What are their sources?



Strains of palay

Rice is a cereal grown and produced extensively in Central Luzon, Panay, and Mindanao. It is the staple food of most of the Filipinos. It is usually planted during the rainy season around June, July, and August. It is harvested in November and December or from 135 to 210 days later. The farmers who produce this staple food are often called the backbone of the nation. Without them the country would starve.

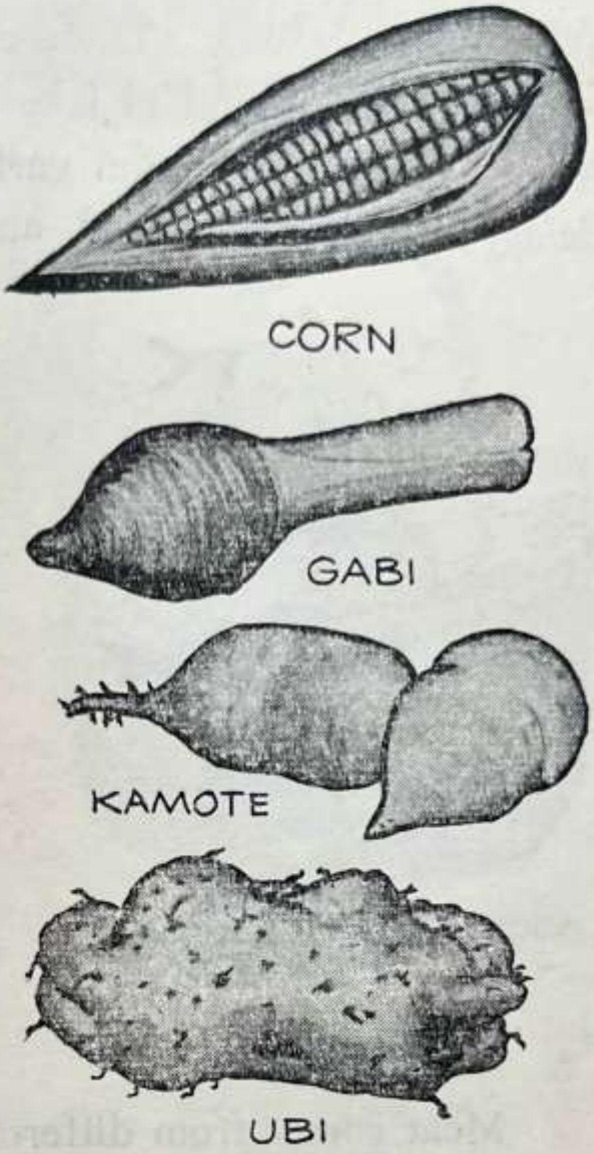
The different varieties of rice found in the markets and stores come from the different parts of the country. Some of the common varieties are known as *macan, ramilan, elon-elon, wag-wag, inapostol, cañacao, binastian* and many others.

The Department of Agriculture and Natural Resources through its agencies, is now engaged in popularizing other varieties of palay which give better yield per hectare. The upland and lowland varieties of rice which have been approved by the Philippine Seed Board for distribution to farmers are as follows:

Variety	Adaptability	Period of Maturity (days)
Upland Palay (rice)		
Azucena	Luzon, Visayas, Mindanao	123
Fortuna	Luzon, Visayas, Mindanao	133
Kinandang Puti	Luzon	116
Magsanaya	Visayas	117
Magdami	Luzon	129
Palawan	Luzon	130
Pinulot	Luzon and Mindanao	130
Lowland Palay (rice)		
Tjeremas	Irrigated, rainfed Palagad	138
Peta	–do–	141
Intan	–do–	148
Tjahaja	–do–	169
B-E-3	Irrigated	166
Raminad Str. 3	–do–	184
Seraup Kechill	–do–	185

Technical Bulletin No. 1 Recommended Upland and Lowland Rice varieties, College of Agriculture, University of the Philippines, Los Baños, Laguna, December 1958

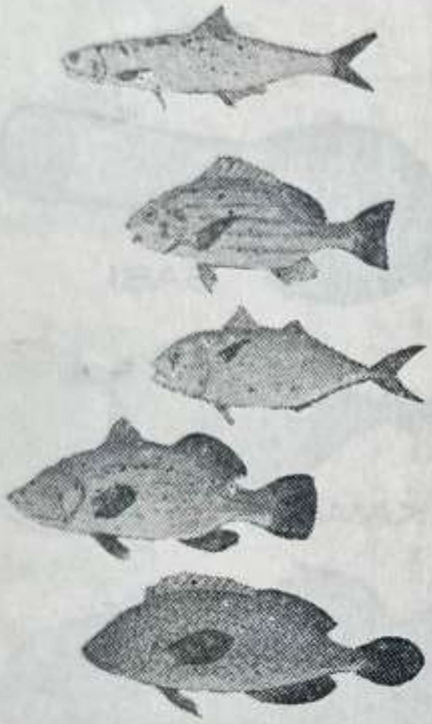
Corn, another cereal, is raised in many places, especially in some Visayan provinces where the soil is best adapted to it. Some of the best-known kinds of corn are the white flint, the yellow flint, the sweet, and the glutinous corn popularly known as the *lagkitan.* The yellow flint corn variety is rich in nutrients.



Some roots and tuber crops

Roots or tubers like *ubi, gabi, kamote, tugi* and cassava are samples of roots and tubers. They are the staple food of people living in the mountains and on the windswept islands like the Batanes and Babuyan Islands. In other provinces, roots and tubers are used as additional food. Root crops are also used as desserts or snacks. Some are made into delicacies like jams, *palubog palitaw,* and other sweets.

Fish is found in lakes and rivers, or in seas and waters along coastal towns. There are many varieties of fish in this country. Fish found in lakes and rivers is called fresh-water fish. The most common varieties of fresh-water fish are the *dalag, hito, kandule, biya,* and *ayungin.*



Varieties of fish

Fish found in seas is called salt-water fish. *Dilis, tulingan, sapsap, hasahasa,* and *maya-maya* are some of the most common salt-water fish.

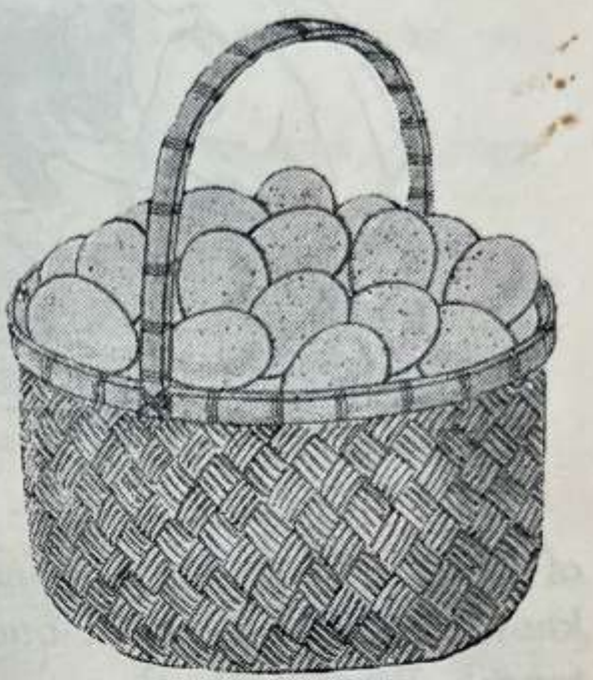
Some varieties of fish are cultivated in fish ponds. The most common of them are *bangus, tilapia,* and *shrimps.*

Meat cuts and poultry

Meat comes from different animals, like cattle, hog, goat, sheep, turtle, and turkey. In some places in the country, dog, monkey, and lizard meat are also used for food. Most of these animals are tame while the others are wild and are hunted as game. Their meat are known by different names, such as:

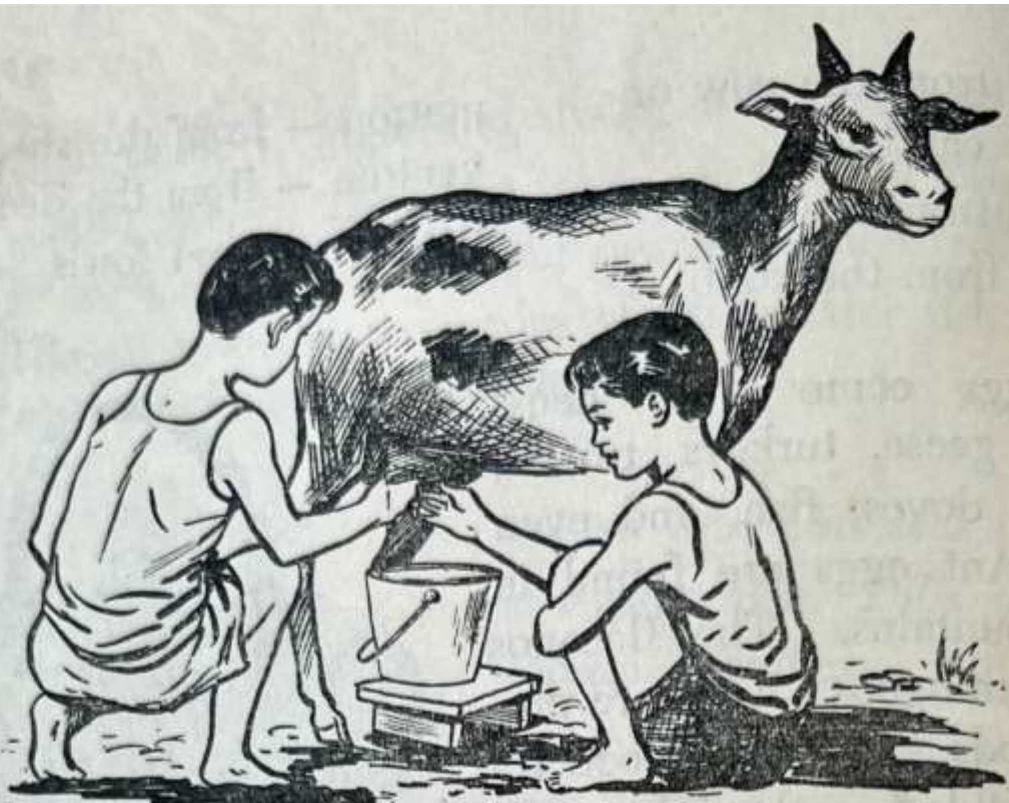
beef – from the cow or carabao
pork – from the hog
veal – from the lamb
mutton – from the sheep
venison – from the deer
poultry – from fowls

Eggs come from hens, ducks, geese, turkeys, turtles, lizards, doves, fish, and even ants. Ant eggs are found in the mountains. The Ilocanos call them *agoos*. Eggs are protein foods. They are good for both children and adults. The most commonly used eggs are those from hens and ducks. Duck eggs are prepared in many ways – pickled, salted, or conserved, like *balut* and *penoy*.


A basket of fresh eggs

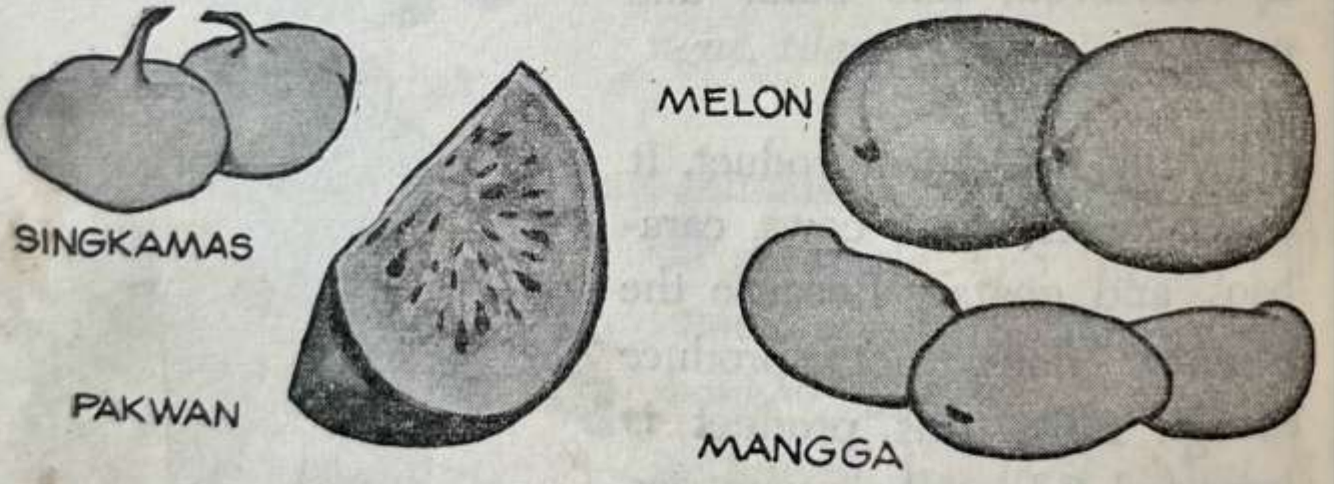
Milk is a dairy product. It comes mostly from cows, carabaos, and goats. Because the country does not produce enough milk, this product is imported from other countries. Imported milk from abroad comes in cans. Some come in powdered form while others are condensed, evaporated, or skimmed. The by-products

Fresh milk



A local source of milk

of fresh milk are cheese and butter. Cottage cheese, better known as *kesong puti* or *quesillo,* is produced in Laguna, Batangas, Rizal, and other provinces.



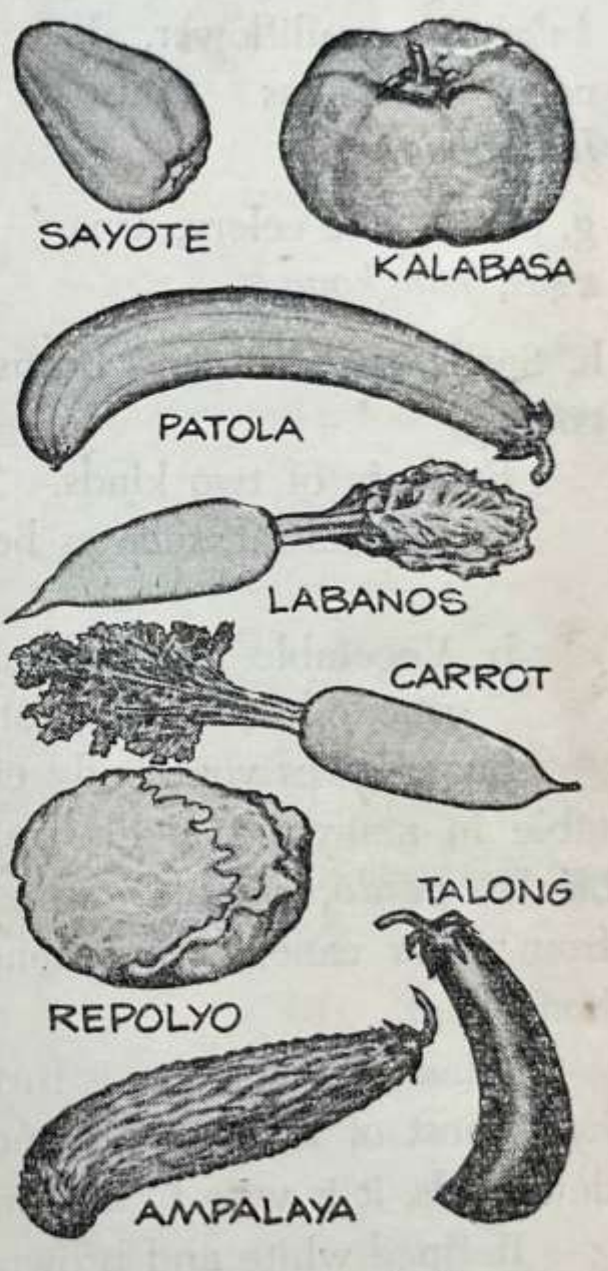
Assorted fruits

Fruits are good sources of minerals and vitamins. Fortunately, this country abounds in trees that bear different kinds of fruits throughout the year. Among the most popular fruits are bananas, papayas, and mangoes.

a. Fruit from trees are the mango, avocado, orange, *mandarin, pomelo, guyabano, atis, lansones, rambutan,* mangosteen, *anonas, chico, santol,* guava, *sampalok, langka, rimas, ratiles,* papaya, and *kasuy.*

b. Fruits from vines are the melon, watermelon, and cucumber.

c. Fruits from plants are bananas, such as *saba, lakatan, latundan, tampuhin, tuldok, gloria,* and *bungulan.* The *saba* and *tuldok* are often served cooked. Many like them boiled, or cooked in syrup.



Assorted vegetables

Vegetables, like fruits, supply your diet with minerals and vitamins. They also provide variety and eye appeal on the table. They come from different sources, as follows:

a. tubers, roots, and bulbs such as potatoes, *gabi,* radish, carrots, *singkamas,* beets, onions, and garlic.

b. Fruits like upo, ampalaya, squash, *sitaw, bataw, sigarilyas, sitsaro,* green *langka,* tomatoes, eggplants, and pepper.

c. Heads, like cabbages and Baguio lettuce.

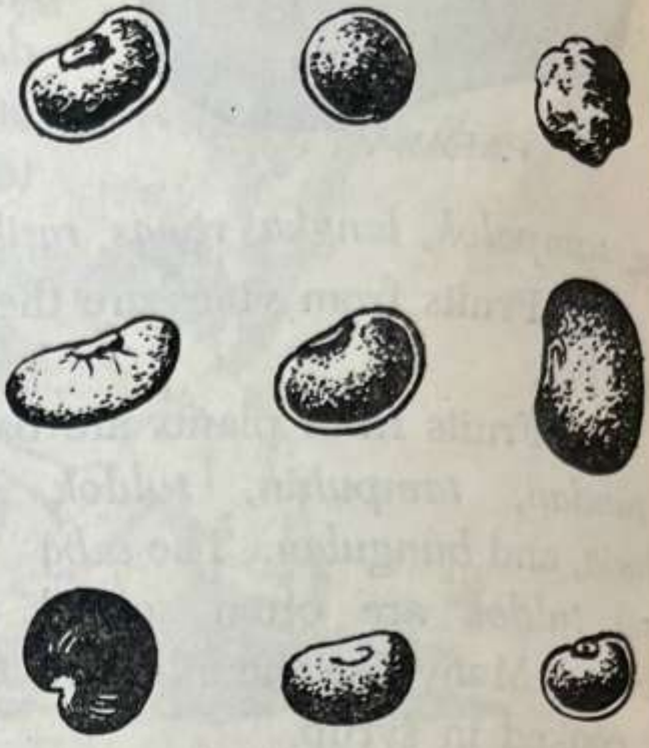
d. Leaves and tops such as *malunggay, ampalaya, kang-*

kong, kulitis, saluyot, kalabasa, sili, pako, petsay, litsugas, and *mustasa.*

e. Sprouts and shoots, such as mongo sprouts (*toge*) and bamboo shoots (*labong*).

f. Flowers, like *katuray, kalabasa,* cauliflower, banana blossoms (puso), *himbabao.*

g. Stems, like celery, asparagus, *kangkong.*



Dry beans

h. Seeds, such as peas, beans, soy, mongo, lima, *kadyos,* and *paayap.*

Fats are of two kinds. They are:

a. Animal fat, such as beef fat, pork fat, cream, and butter.

b. Vegetable fat, such as vegetable cooking oil, margarine, oil from corn, cottonseed, and oil from other nuts.

Sugar gives your body energy. It comes to your dining table in many forms like refined white, washed or brown, blocks, *pardo, panutsa* honey and molasses. Sugar comes from sugar cane, except honey. Honey is produced by the honeybees.

When brown sugar is further refined into a whiter one, it loses most of its vitamins and mineral value. So, for everyday meals, it is wise to use brown sugar.

Refined white and brown sugar are sold in the market by the pound, kilo or bags. *Pardo,* and *panutsa* are sold by the liter or pieces. Honey and molasses are sold in bottles or cans. It is best to keep sugar in a glass bottle or *garafon.*

Salt is the only mineral you add to food. It is cultivated along places near the sea. Salt is also mined. It is sold in the market by the liter, chupa or bag. Buy only clean salt found in clean stores. Keep salt in dry clean vessel. Glass jar or *kamaw* makes good salt container. Can you help increase your sources of food? Read the next chapter on "Producing More Foods for Your Family." It will show you how you may add to the family food supply.

Class Activities

1. *Things to do*:
   - a. Visit your local market.
   - b. Make a list of the foods there and their sources.
   - c. Write a short story telling how a particular food reaches your table.
2. *Things to remember*:
   - a. Your country is rich in your essential needs.
   - b. You can produce many of your food needs.
3. *Things to plan*:
   - a. Make a list of foods which can be produced in your home.
   - b. Make a list of the things you can do to produce one kind of food at home.
4. *Words study*:
   - a. adapted
   - b. conserved
   - c. delicacy
   - d. dessert
   - e. dairy
   - f. game
   - g. grain
   - h. hunted
   - i. snacks
   - j. staple

PRODUCING MORE FOOD FOR YOUR FAMILY

To help increase the supply of food for your family, you may plant fruit trees, vegetables, and shrubs. This may be carried out as a family project. There is pleasure in working together, tilling the soil and making it produce. Then Nature's reward will come in the form of plants growing and bearing flowers and fruits. You will enjoy eating vegetables and fruit grown in your own garden.

You can start gardening on a small scale. The yard at the back of your house, the space in front, and the sides may be used. Before you begin planting, build a fence to protect the plants from stray animals.

Preparing the soil

Fruit and shade trees, hedges, and bushes will strengthen the fence. Trees are usually planted at the back of the house while hedges and bushes are planted in front. The bushes with their attractive flowers beautify the house. Trees give shade, fruit, fuel, and sometimes medicinal substances.

Here is a list of trees and shrubs suitable for fencing your house and garden:

(a) Sources of shade, fruits, and leafy-greens:

malunggay
katuray
himbabao
santol
cassava
guava
kamatsili
guyabano
banaba
mango

(b) Sources of fuel:

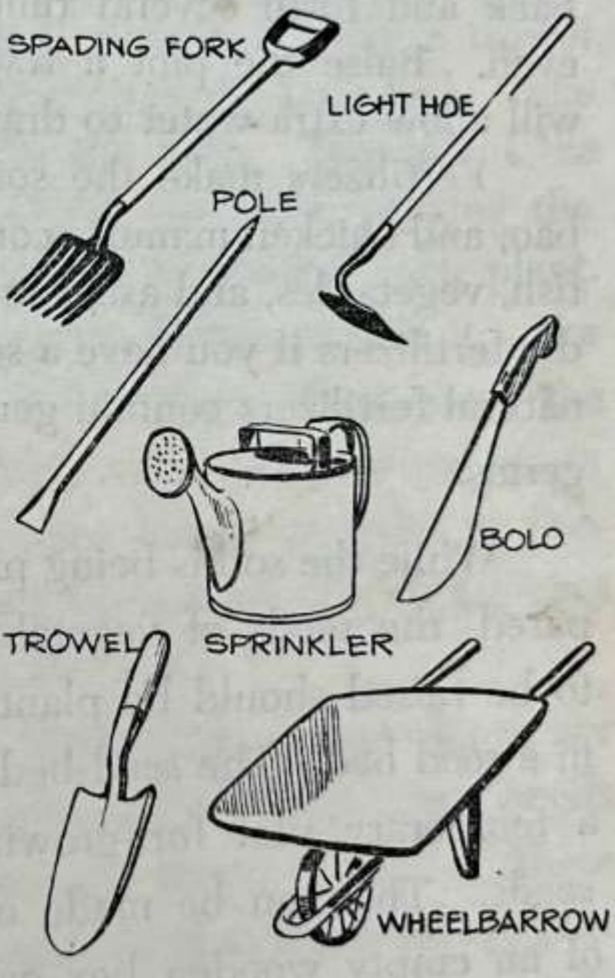
ipil-ipil
acacia
kakawate

(c) Flower-bearing plants, shrubs, and hedges for beauty.

bougainvillea
gumamela
violeta
chichirica
San Francisco
papua
kawayang china
adelfa

Next to a fence, you need good garden tools. Good tools will make the job of tilling the soil lighter. These tools and their uses are listed below:

- spading fork for breaking the ground
- light hoe, used for loosening the soil
- long pointed pole, may be improvised for digging the soil
- trowel (flat stick) used for lifting seedlings
- sprinkler, for watering the plants
- bolo, for cutting
- wheelbarrow (may be made at home) for carrying or transporting plants, sand, or stones.



Garden tools

All these tools may be made at home or obtained at any hardware store.

Ask the family what plants you can easily raise and use. Your father and brothers may want a vegetable garden, while your mother and sisters may prefer to grow flowers or to raise chickens and pigs. After reaching a decision, plan your work carefully.

The vacant space around your home will make suitable garden plots. Measure the plot according to the size you want and put a marker around it. Loosen the soil, using the spading fork, light hoe, or long pointed pole. Loosening the soil will help the roots expand and make the plant grow faster. The rake will help make the soil finer. Pass the rake back and forth several times to make the soil smooth and even. Raise the plot a few inches from the ground. This will allow extra water to drain or run off.

Fertilizers make the soil more productive. Horse, carabao, and chicken manure, compost garbage, and washings from fish, vegetables, and ashes make good fertilizers. Do not handle fertilizers if you have a scratch or a cut in the hand. Most natural fertilizers contain germs. Horse manure carry tetanus germs.

While the soil is being prepared, the seeds of vegetables to be raised should be planted in a seed bed. The seed bed is a temporary plot for growing seeds. This can be made out of an empty wooden box or a big clay pot. A corner of the plot may also serve as a temporary seed bed.

Gathering tools before working

The following vegetables are usually started in a seed bed:

petsay	onions
lettuce	tomatoes
mustard	eggplants

Prepare the seed bed or corner plot for your seeds. Clean the soil of stones and dirt. Mark places for the seeds. Drop seeds in rows and cover these with loose soil. Sprinkle water. Allow time to let the seeds grow for around two to three weeks or until the seedlings are about three inches high. Then they are ready for transplanting into prepared plots.

Moisten the seed bed before pulling out the seedling. Select the bigger and more healthy ones first. Use a trowel or a flat stick for lifting each seedling from the seed bed. Take good care not to cut or overhandle the roots. Transplant the seedling into the prepared pot. Cover the roots, packing the soil loosely around each plant. Sprinkle water around it. For the first three days cover the plants with old newspapers or banana leaves or stalks to protect them from the strong rays of the sun.

While the young plants are growing, pull out the weeds around them. Scatter these weeds around the plants to prevent the soil from drying out. When decayed, these weeds will serve as fertilizers. This process is called mulching.

Transplanting seedlings

Some seeds can be planted direct in the ground. These are:

radish
okra
patola
sitaw
corn
sigarilyas
ampalaya
peanuts
kangkong
kalabasa
kamote
abitsuelas

While some fruit trees are grown from their seeds like the mango, *kaimito, rambutan, kalamansi,* and *chico,* others are better grown from cuttings like *sinigwelas, malunggay,* and *himbabao* or from seeds which have been budded or marcoted.

Plants need water just as people and animals do. Too much or too little water is harmful. During the rainy days, dig ditches between rows of plants to let extra water drain. These ditches can hold water with which to water the garden during dry days. In this way the soil under the plants will stay moist or wet for a longer time than if these plants were merely sprinkled.

Try planting any one from this list the Bureau of Agricultural Extension is giving out from time to time. This will help you choose the vegetable or tree to raise in your backyard.

Herbs	*Harvest Period*
kintsay	3 months
pepper	3 months
ginger	6 months
lemon grass	12 months
pandan	18 months
kutsay	18 months
anis	36 months
peppermint	no specific period

Fruit trees and edible leaves suited for small lots:

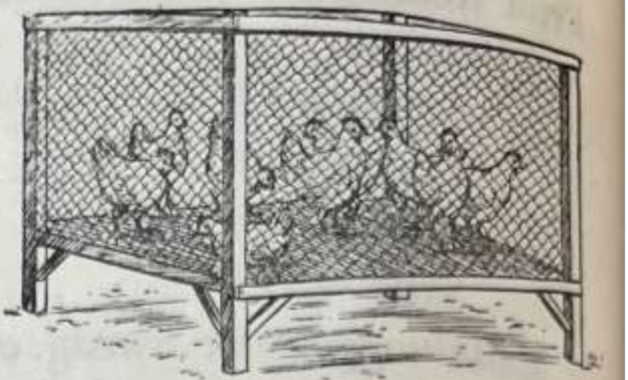
Bananas:	
Latundan	about 2 years
Lakatan	
Bungulan	
Saba	
Malunggay	4 to 10 months
Papaya	6 months to one year
Kalamansi	5 years from seed 1-1/2 years marcoted
Avocado	5 years from seed 2 years marcoted
Chico	8 to 10 years from seed 1-2 years marcoted
Pomelo	6 years from seed 3-4 years marcoted
Kaimito	5-6 years from seed 3 years marcoted
Guyabano and *atis*	3 years from seed

If you have some more space in another part of your backyard farther away from the house, you may raise pigs or chickens. These animals will help supply the family with eggs and meat; or they may be fattened and sold.

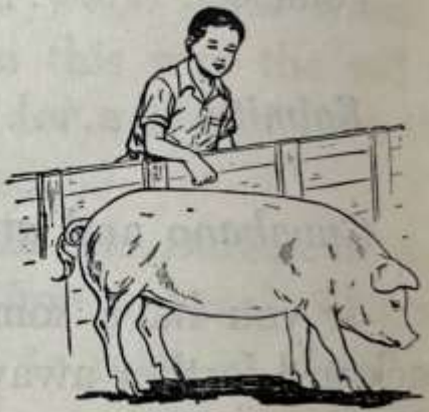
Chicken and pigs will need a chicken house or a pig pen. This may be built by the men in the family. It should be strong and easy to clean.

When raising chicken, select young ones which are healthy and free from skin diseases. Native hens are known to be stronger in resisting diseases than imported ones. Imported breeds like the Leghorn and Rhode Island Red are good layers, but they need much more attention than the local varieties.

For chicken feed, table left-overs, scraps from the kitchen, unused vegetables cut fine, chopped heads of shrimps, and pounded shells are good. In addition, chickens are given palay mixed with milled corn to eat and clean water to drink. Keep the chicken house clean and free from anything that will attract ants or give off offensive odor.


Chicken coop

Raising pigs is also a good money-making hobby. It is better than "putting money in the coconut shell bank." Fat and healthy pigs sell for a good price in the market. There is always a ready buyer for grown pigs. Feeding pigs is not a problem if you know how. They like left-over foods, stale or old pieces of bread, rice washings, peelings and trimmings of vegetables, milled corn boiled with plenty of water and a little salt. Any of these mixed with *darak* and molasses will make a hearty and wholesome meal for the pig. Regular feeding time should be observed. Accustom pigs to eat only two meals a day, one in the morning and another in the afternoon. Give the pigs clean drinking water and let them eat greens around your yard.


Keeping pigs clean

Do not allow your pigs to run around in your neighborhood. Pigs are destructive. They uproot plants and scatter manure here and there. Be considerate of your neighbor's property.

Helping raise and produce food to supplement your needs have many rewards. Some of these are:

Young homemaker picking fresh vegetables from the home garden

1. You and your family will save money.
2. You get a good supply of fresh vegetables and fruits and maybe eggs and meat.
3. The plants and trees add beauty and comfort to your home.
4. You enjoy watching your plants grow and bear fruit.
5. You spend your leisure time profitably.
6. You encourage your neighbors to raise and produce food too.
7. You become a useful citizen helping your country produce more food.

Class Activities

1. Things to review

Write under the correct heading:

Plant in seed boxes	*Plant direct to the plot*	*Seed plants*
petsay	mongo	radish
cabbage	okra	tomato
kaimito	corn	*sigarilyas*
onions	*atis*	*ampalaya*
mustasa	santol	*patola*
eggplant		

2. Things to do

a. Draw a diagram of your garden plot. Write the names of the seed plants you have in your garden.

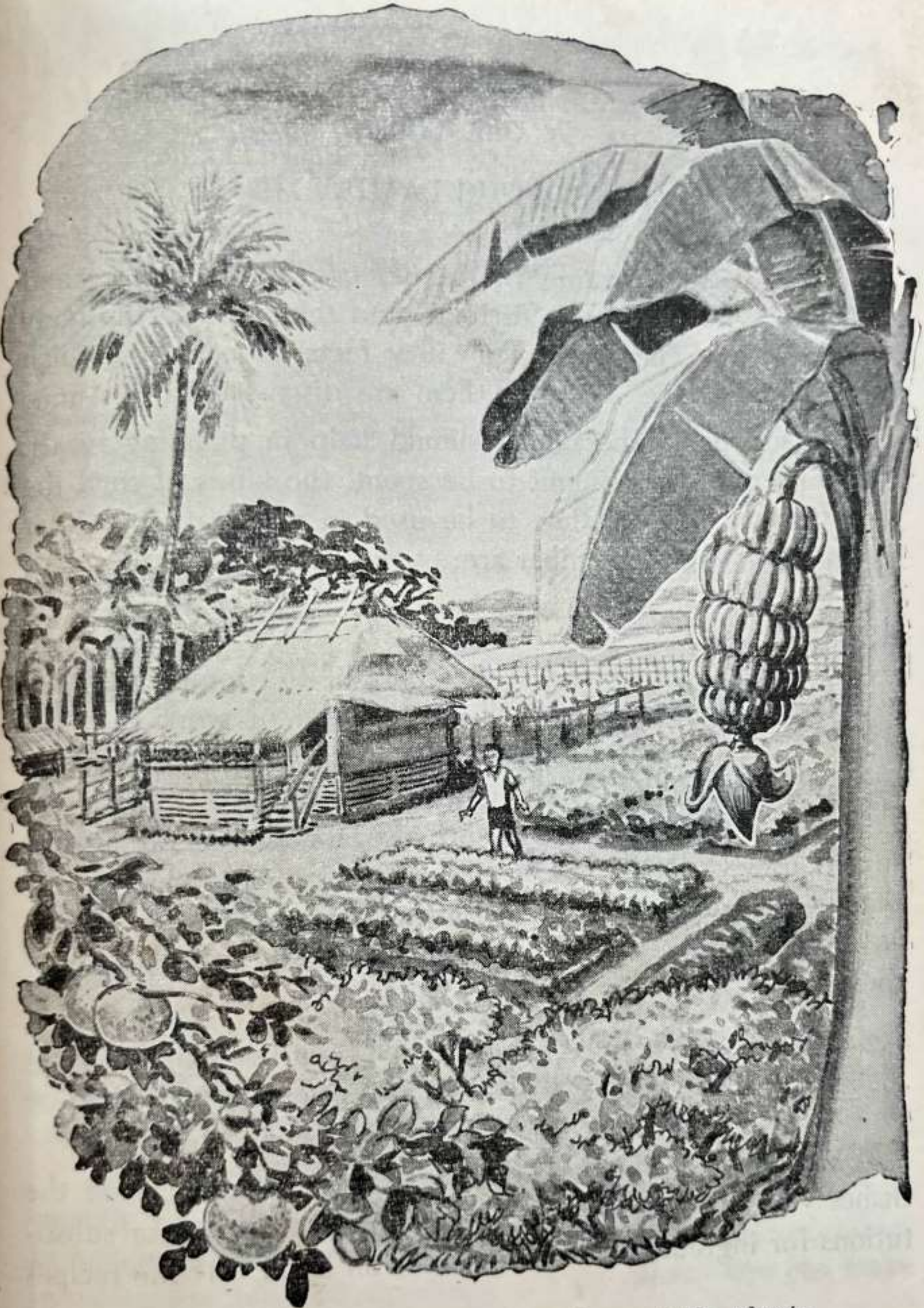
b. Make a seed box.
Plant the *mustasa* and *petsay* seeds in seed box.
Prepare a plot.
Transplant as soon as seedlings are ready.
After harvesting, make *burong mustasa.*

c. Build a chicken house with the help of other members of the family.
Secure a pair of chickens.
Feed them regularly.
Make a report on their growth.

d. Improvise some garden tools. Make use of discarded pieces of bamboo, empty cans, twine, nails, wire, etc.

3. Word study

a. budded
b. compost
c. fence
d. hedge
e. manure
f. marcoted
g. plots
h. seedling
i. shrub
j. tetanus



Surround your home with fruit and vegetable plants

Unit Two

PLANNING YOUR FAMILY MEALS

The task of feeding the family can be made easy and satisfying. A knowledge of foods and their uses in the body is necessary. There are many new facts about foods which you should know. Some of them are discussed in this unit.

Everyone in the family should help in planning meals. Keep in mind the amount to be spent, the kinds of food the body needs, and the time to be used in preparation. Other considerations to remember are:

1. *Food Needs*

The food needs of the members of the family vary according to their ages as well as the kind of work they do. Younger children need more foods for growing and developing tissues, hardening of the bones and teeth, for strength and energy for work and play, and also for protection against infections. Older people need food to maintain their health and normal activities. They too need food for repairing tissues that wear out every day because of the efforts used in their work.

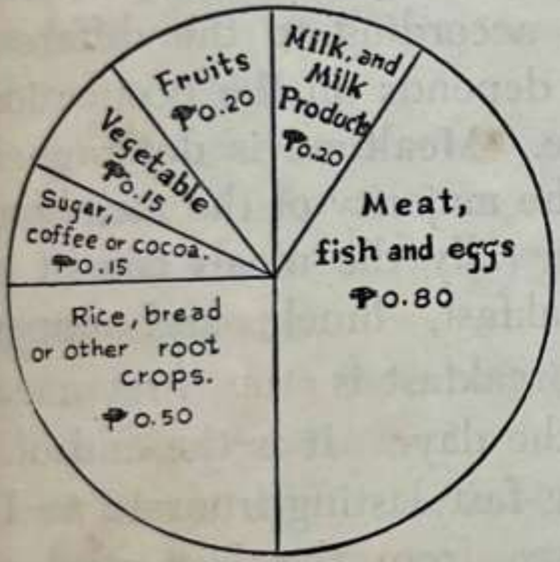
Look at your Basic Six food chart for the daily servings of each kind of food you need. Know also what foods are in season.

Make use of your file of recipes to help you choose the dishes you will prepare. Be able to make changes or substitutions for ingredients which are not on hand. If the recipes you like do not include enough foodstuffs needed for correct diet, make your changes to improve the dish.

2. *The Food Budget*

The income or earnings of the family is another factor in meal planning. See how you can keep within your food budget and still give the family their important food needs. There are many foods rich in nutrients which are cheap. It is not always true that expensive foods are the best. For example:

The average Filipino family allows from 60% to 75% of the income for food. If the income is ₱3.00 a day, about ₱2.00 is set aside for food. This amount may be apportioned among the different food items in the following manner:



Food Budget

milk and milk products . .	₱ .20
fruits (in season)	.20
meat, fish or eggs	.80
rice, bread or other root crops	.50
sugar, coffee or cocoa . .	.15
vegetables, leafy and yellow	.15
Total	₱2.00

The amount suggested for food as given above may be good for a family of six. You can reduce the amount if you try to produce some of the vegetables, fruits, and meat you need in your own backyard.

Learn to buy cheaper ingredients. If you cannot have enough meat for your family needs, buy meat extenders, such as mongo, peanuts, *sitaw*, or dry beans. Fruits and vegetables in season cost less and are richer in food value. You can make your food allowance go a long way if you can take advantage of buying food in season. If oranges are scarce and costly, use *kalamansi* instead. For sauteed vegetables, use fish or *bagoong* or *patis* instead of shrimps.

3. *Time*

Consider also the time needed for preparation and cooking of food. If the foods are not ready at mealtime, some members of the family may miss their meals. Delayed meals also spoil the appetite. On the other hand, if food is prepared in advance nutrients are lost in reheating food. Correct timing is important.

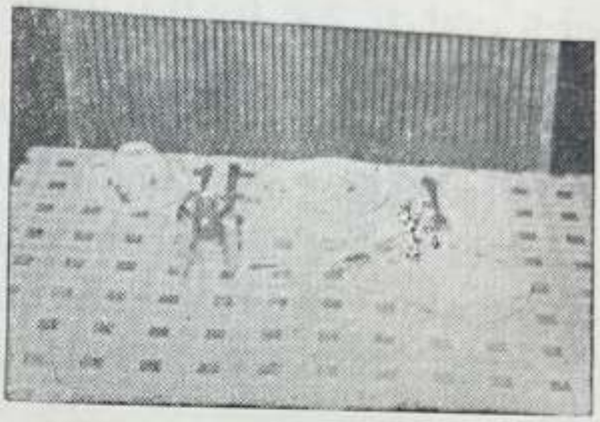
4. *The Meal Pattern*

Follow a regular meal pattern for your family meals. The Filipino meal pattern varies according to the different regions of the archipelago. This depends on the occupation and hours spent away from home. Mealtime is determined by the hours most convenient to the majority of the members. Generally the meals consist of breakfast, lunch, and supper.

Breakfast is the first meal of the day. It is the end of a long fast, lasting from 12 to 14 hours, from the last meal or supper of the previous day, to the first meal of the day. This meal should provide each member of the family the kind of food suitable for his particular occupation in addition to his needs of regulative and preventive foods. For example: A

A Filipino farmer

farmer or factory worker uses muscles activity and will need more energy-giving foods. An office worker or a student does more mental work and will need lighter foods with extra milk, eggs, and cheese. To stimulate or arouse their appetite, include also a hot beverage. Fruits in season will supply their need for minerals and vitamins.

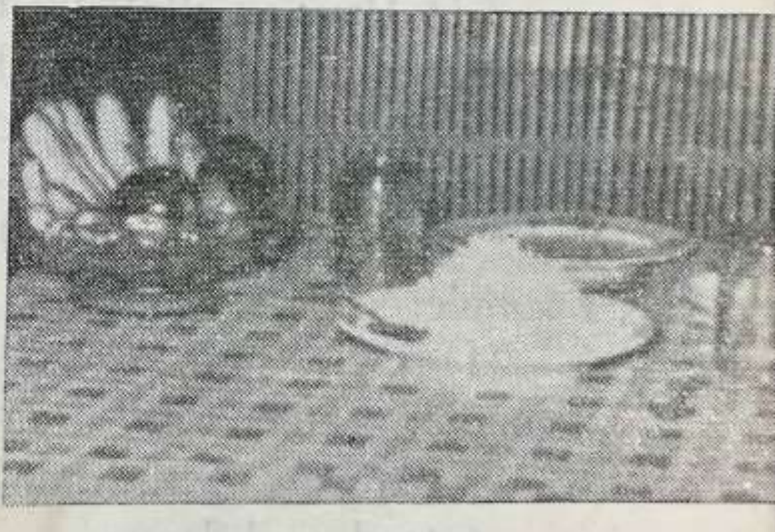

A simple setting for breakfast

Therefore, a good breakfast will consist of the following: a cereal dish, (*pinipig* or porridge) bread or *pan de sal* for additional energy, a protein item such as meat, fish, or egg, butter or enriched margarine, a fruit or two in season, and a hot beverage.

The time for serving breakfast depends on the work schedule of the members of the family.

For luncheon or supper, a good pattern is:

- meat or fish dish with plenty of vegetables,
- a raw salad – lettuce, radish, cucumber or cabbage with onions and tomatoes,
- enriched rice, corn, or tuber, and
- a simple dessert of fruit in season or a sweet delicacy.


A simple setting for lunch

A hot soup will add to the richness of the meal, besides stimulating the flow of digestive juices.

Whether luncheon or supper will be the heavier meal depends upon the work schedule of the members of the family. Some members stay out from home the whole day and either carry their lunch box or eat out. Supper then is the meal the whole family can take together and therefore, should be more heavy or filling. An additional dish may then be served or a new recipe tried out for the family to enjoy.

There are other factors the young homemaker should know about meal planning. Here are some of them:

(a) Hang up your Basic Six Food Chart in your kitchen. Look at your chart for the daily servings of each kind of food. Know also what foods are in season.

(b) Have a good balance of soft and liquid foods in one meal.
Example: *miswa* with *patola* and fried fish.

(c) Certain flavors go naturally together when combined in a dish. Any vegetable may be sauteed with pork and shrimps.

(d) Have an attractive combination of color, texture, and flavor in your meal, to make them appetizing. Example: fresh *lumpia,* which usually consists of different kinds of vegetables having varied texture and color.

(e) Avoid serving similar dishes in one meal.
Example: fish *sinigang* and fish *paksiw;* fried fish and *tapa*

(f) Two strong flavored dishes do not go well in a meal.
Example: sauteed green garlic and beefsteak with onions.
or *sinigang* with radish and mustard combined with sauteed cauliflower.

(g) Some hard-to-digest dishes such as fried *lumpia* and *sotanghon* should not be served together.

(h) Avoid using too much pepper and spices.

(i) Serve only simple-tasting food for the children.

(j) Train children to take more milk and fruit juices instead of tea or coffee.

Class Activities

1. Things to talk about

a. Food needs of the different members of the family.
b. The food budget.
c. The time needed for preparation.
d. The Filipino meal pattern.
e. A good breakfast, lunch, and supper.

2. Things to do

a. Make a poster of a good breakfast, showing the different kinds of food each member of your family needs.
b. Evaluate each poster.
c. Prepare a food budget for your family based on its income.

3. Things to remember

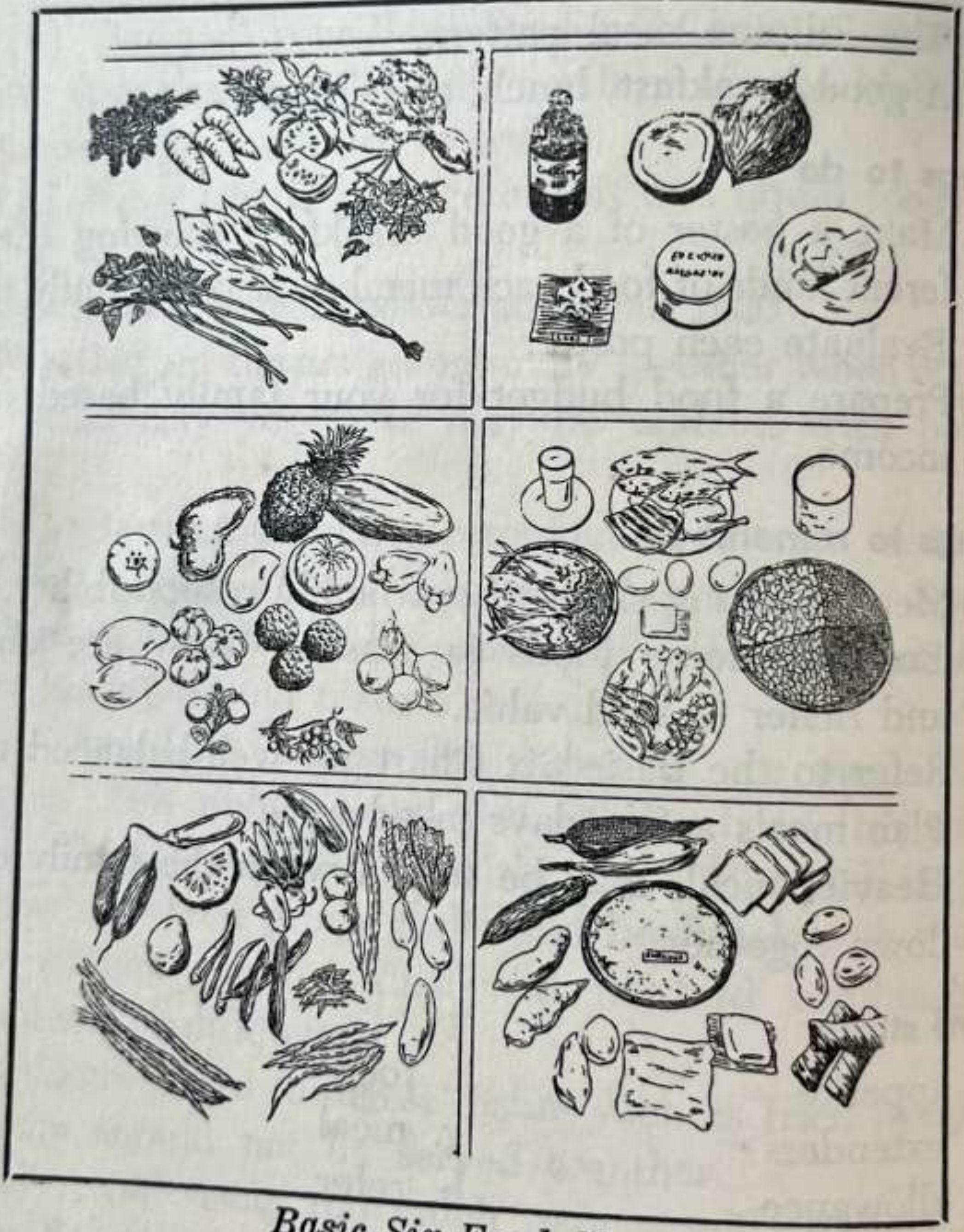
a. Meal planning should be a family responsibility.
b. Buy and serve foods in season. They are cheaper and richer in food value.
c. Refer to the Basic Six Chart for well-balanced meals.
d. Plan meals a few days in advance.
e. Heavier meals may be served when the family can sit down together.

4. Word study

a. appetite
b. extenders
c. allowance
d. budget
e. facts
f. food
g. meal
h. refer
i. scarce
j. schedule

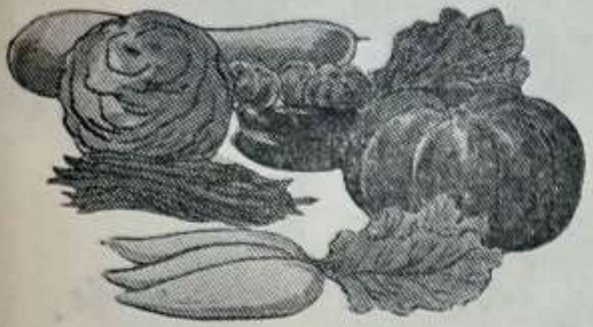
THE BASIC SIX FOOD GROUPS AND YOUR MEALS

The essential foods needed by the body are divided into six characteristic classes called the Basic Six Food Groups. Use these six groupings as your guide in planning the meals for your family every day. Plan your meals, using one serving from each food group daily.



Basic Six Food Chart
Food and Nutrition Research Center

Group I includes all vegetables of the leafy and yellow kind. One serving (1/2 cup cooked or 1 cup raw) from this group will supply the body with vitamin A, a little of vitamin B1, and calcium. These nutrients will help keep your eyes and skin healthy and your hair glossy or shiny. They are also needed to help harden your bones, prevent colds, and keep your blood in good condition.



Leafy and yellow vegetables

Vitamin B helps stimulate the appetite and prevents beri-beri.

Below is a list of foods belonging to the leafy-green and yellow vegetables:

ampalaya tops
kamote tops
kangkong
kulitis
carrot
malunggay
kalabasa
squash flower
squash tops
petsay
sitaw tops
mustard
lettuce
sayote
saluyot

Group II includes all the vitamin C-rich foods such as:

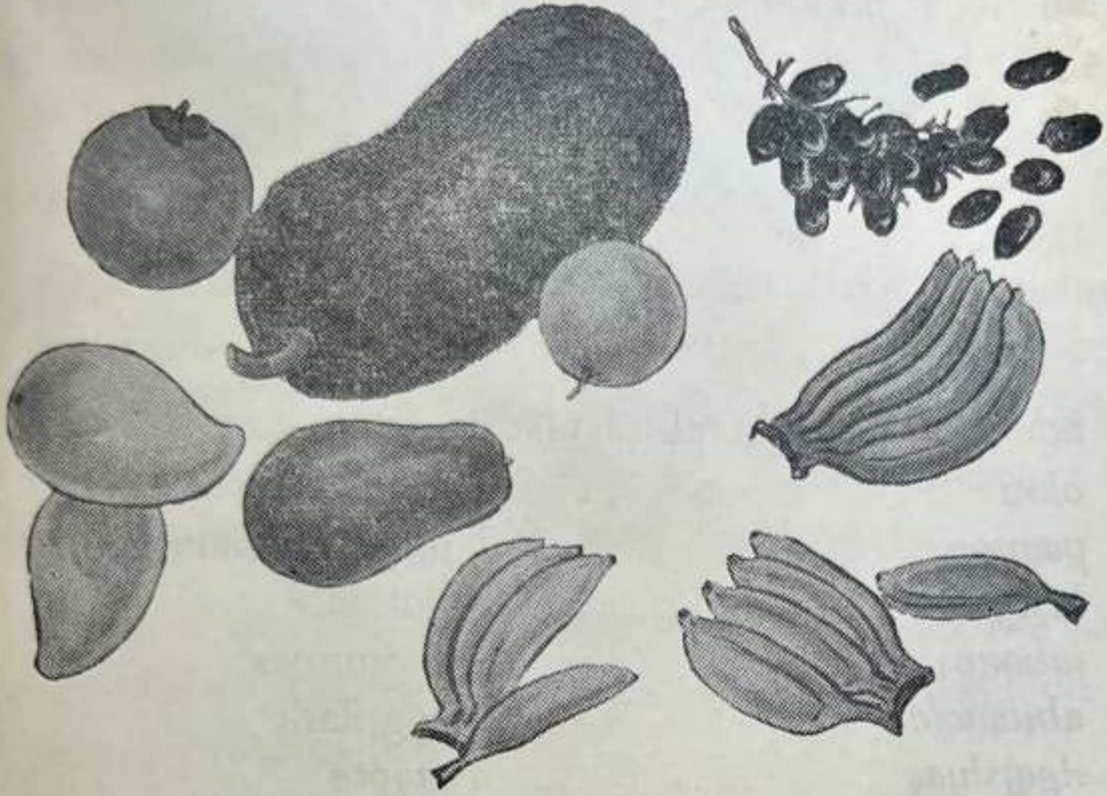
- strawberry
- papaya
- pineapple
- guavas
- *guyabano*
- *kamatsili*
- *atis*
- *durian*
- *ratiles*
- *kasuy*
- melon
- *sinigwelas*
- green mango
- *toge*
- tomatoes
- pomelo
- *anonas*
- all citrus fruits

Vitamin C-rich foods

Vitamin C serves as a cementing substance between body cells. It helps the body resist or withstand infections and also prevents scurvy. It also prevents spongy and bleeding gums.

It is best to eat foods raw from this group. These should be prepared just before serving time to avoid exposure. Citrus fruits should be peeled and eaten in segments or parts. Tomatoes should be washed and rinsed well, especially if they are to be eaten raw. Eat tomatoes as you would other fruits.

Have two or more servings of vitamin C-rich foods daily.



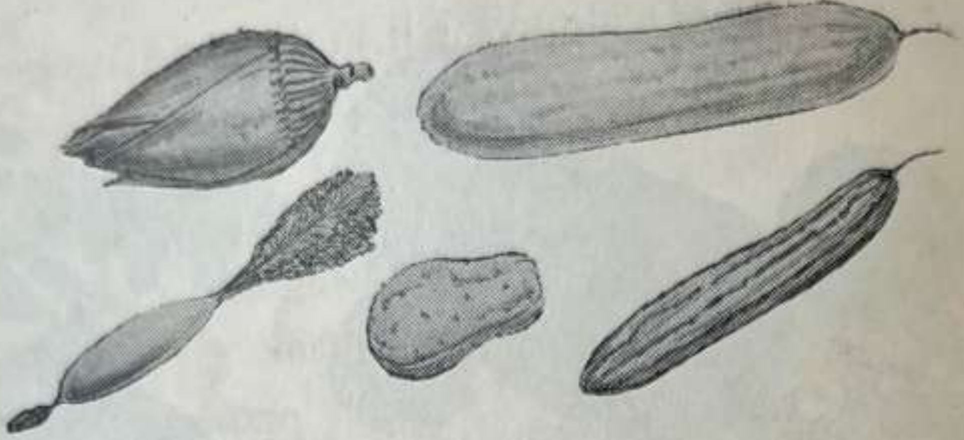
Other fruits and vegetables

Group III includes fruits and vegetables which are not rich in any particular vitamin or mineral. They furnish additional amounts of these substances plus cellulose and water. They help in the proper development and growth of the body and in regulating internal processes. A regular serving (½ cup cooked or 1 cup raw of vegetables and 1 medium or 1 slice of a big fruit) from this group will help in the proper elimination of wastes.

These fruits should be eaten fresh. Fruits in season are the best.

Some of the fruits in this group are:

mabolo
tiyesa
chico
langka
santol
kaimito
watermelon
granada
duhat
avocado
ripe mango
singkamas
bananas (all varieties)

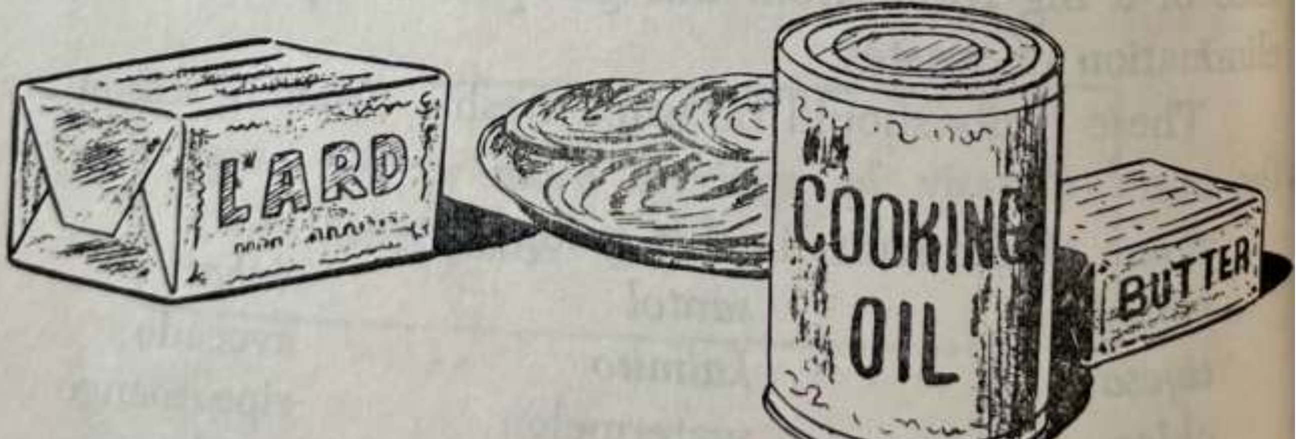


Some of the vegetables in this group are:

- *okra*
- *paayap*
- *kadyos*
- *labanos*
- *abitsuelas*
- *sigarilyas*
- *sili (fruit)*
- *malunggay* (fruit)
- *ampalaya*
- *puso* (banana bud)
- *patola*
- cucumber
- eggplant
- *sayote*
- *upo*

Serve two or more fruits and vegetables daily from this group.

Group IV is composed of the fat-rich foods. They will supply the body's daily need for important fatty acids, and promote the utilization of fat soluble vitamins.



Fat-rich foods

Fat is used in the body for heat and energy. It helps to make the skin smooth and free from impurities.

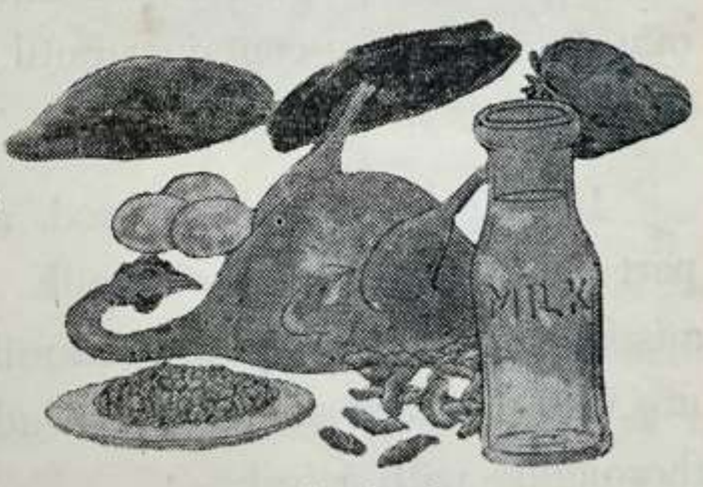
Coconut milk or gata from mature coconuts is rich in fats and will make any dish tasty and delicious.

Fats when used for frying should not be overheated, otherwise the food will be hard to digest. Low heat, on the other hand will make the food absorb too much fat. Have fat just hot enough for frying or sauteing. A day's intake of three tablespoons will supply your daily need for fat.

Group V includes all protein foods. Proteins are needed by the body for growth and repair. The following food items are rich in protein:

all kinds of meat, including
  liver, heart, kidney, and
  librilyo
chicken and other fowls
milk and milk products
eggs
all kinds of dried beans
  and nuts

all kinds of fish
dilis
shrimps
clams, crabs and oysters
tulya



Protein foods

Proteins are composed of different amino acids. These acids determine the quality of the protein substance. Proteins from animal sources contain enough amino acids for the body building and repair. Proteins from vegetable sources do not have enough amino acids for the body needs. Hence, proteins from vegetables must be supplemented with animal protein in your meals.

Adults, growing children, and people recovering from illness need good quality protein food every day to have a continuous supply for body-building. Two or more helpings of any of these foods will keep the body in good health.

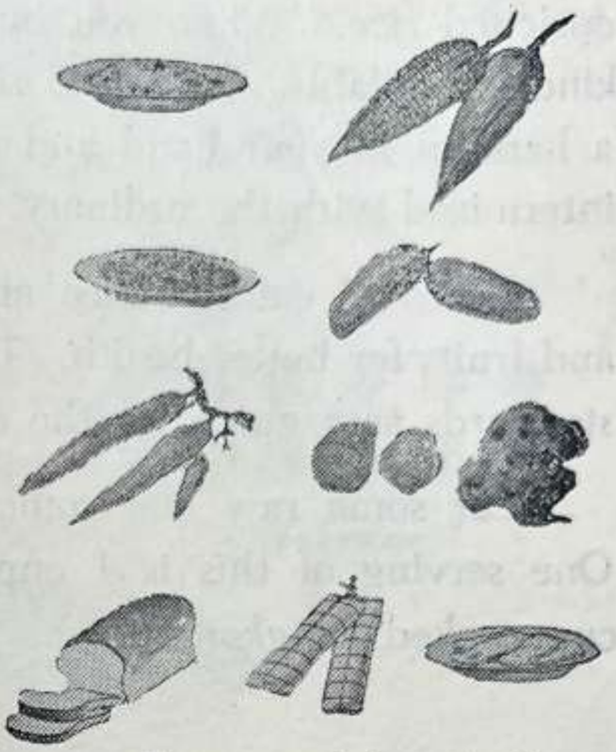
Milk is one of the most important sources of quality protein. No other food can take the place of milk. Fresh milk should be pasteurized before using it. However, it should not be boiled. To pasteurize the milk, heat it for at least thirty minutes in a clean container until small bubbles appear on the surface.

If evaporated milk is used, mix one part milk with one part water to make whole milk. If powdered milk is used, mix four tablespoons powdered milk to one cup water. Measure water in a clean container, add the powdered milk. Mix thoroughly with a fork.

A growing child needs at least four glasses of milk daily, while two glasses will be enough for an adult.

Group VI consists of energy-giving foods. It includes the following:

rice—brown, unpolished or enriched
wholegrain cereals, such as corn, oatmeal, *malagkit*, and *pinipig*
root crops and tubers, such as *kamote,* cassava, potatoes, *gabi, ubi,* arrowroot
sugars-honey, table sugar, molasses, and candy
bread, *suman, palitaw*


Energy giving foods

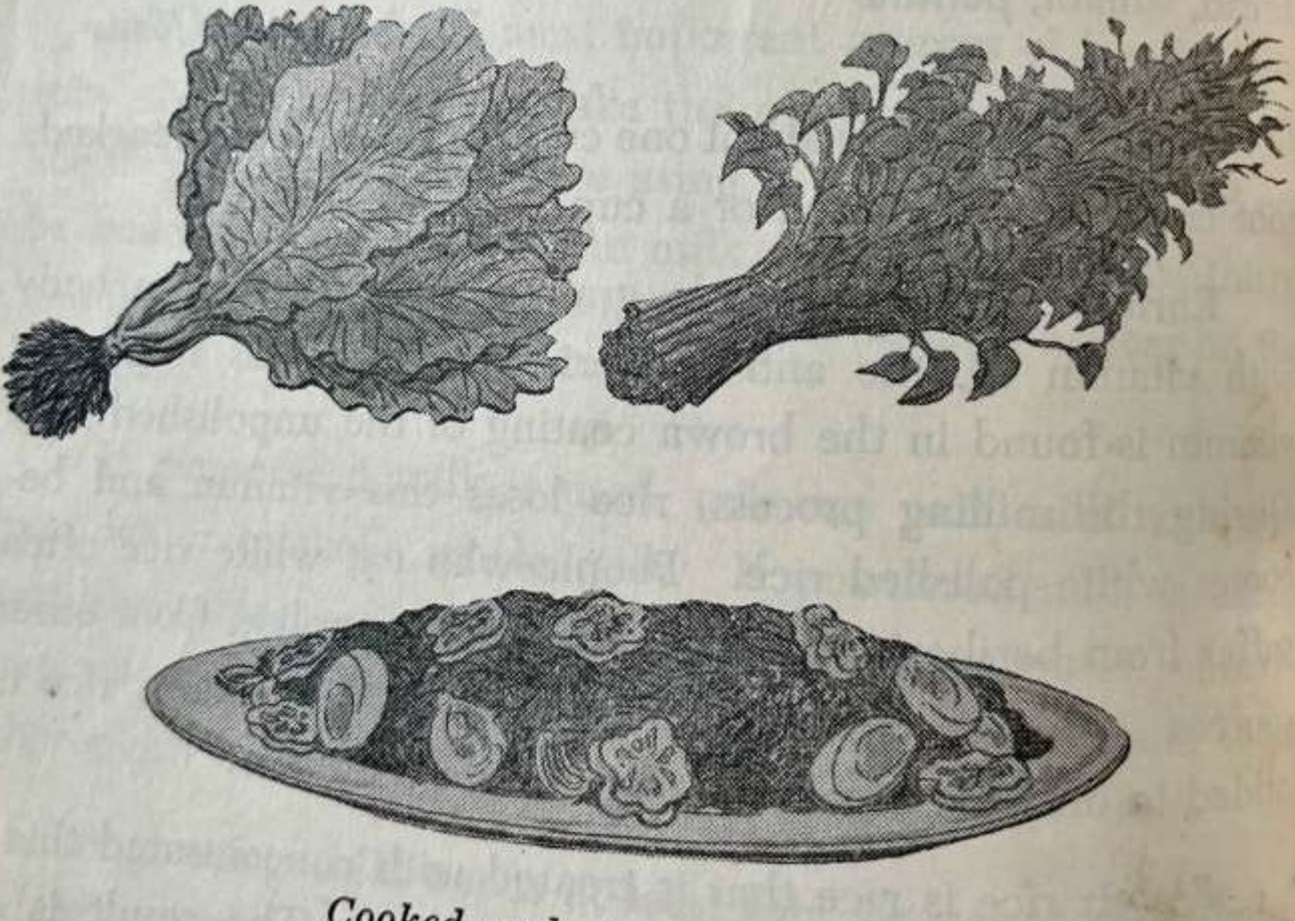
1 serving of rice, is about one cup, cooked and well packed; root crops, medium-sized or a cup.

Enriched rice and whole grain cereals supply the body with vitamin B^1, the anti-beriberi vitamin. This important vitamin is found in the brown coating of the unpolished rice. During the milling process, rice loses this vitamin and becomes white polished rice. People who eat white rice often suffer from beriberi unless vitamin B^1 is supplied from other sources. To overcome this lack of vitamin B^1, premix rice is added to ordinary rice by millers or store owners.

Premix rice is rice that is treated with concentrated thiamine extract, niacin, and iron compound. The result is a smooth, pearly white grain. A tablespoon of this treated rice added to one ganta of ordinary polished rice will make enriched rice. When you buy rice, try to get the enriched kind if available. Enriched rice can be recognized by taking a handful in your hand and look for the pearly white grain intermixed with the ordinary rice.

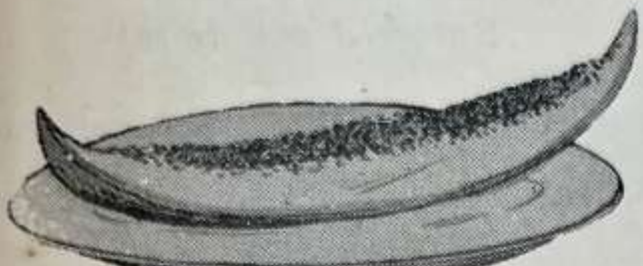
Learn to eat less rice and more fish, meat, vegetables, and fruits for better health. To do this, follow these accepted standards as a guide for the day's meals:

Eat some raw and some cooked vegetables every day. One serving of this is 1 cup of raw vegetable salad or ½ cup cooked *kangkong*.

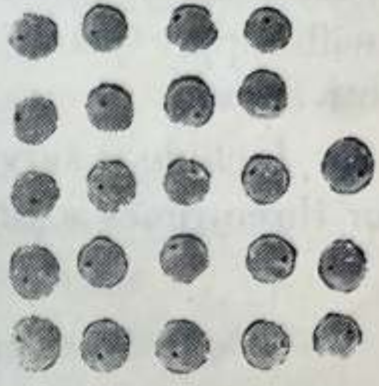


Cooked and raw vegetable salad

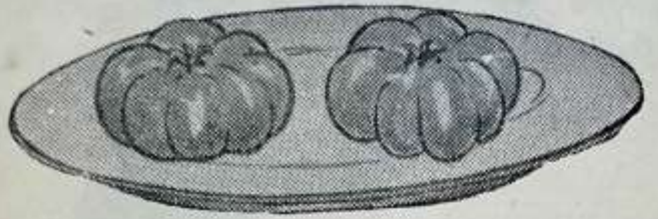
Serve a slice of papaya, the juice of 2-3 medium-sized kalamansi or 10 tablespoons kalamansi juice, or 2 medium-sized tomatoes for your vitamin C supply every day.



Papaya

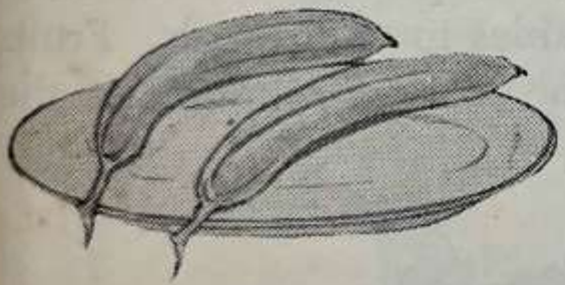


Kalamansi

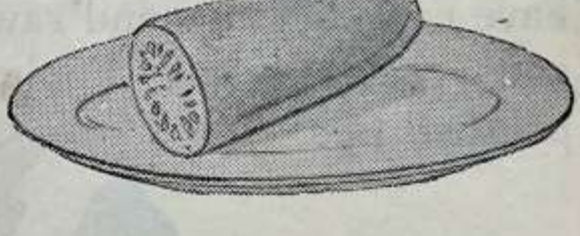


Tomatoes

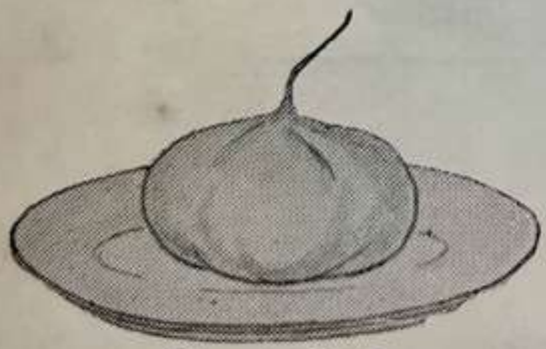
Eat 2 or 3 bananas, ½ medium-sized cucumber or *singkamas,* or half a medium-sized melon for some of your vitamin and mineral requirement.



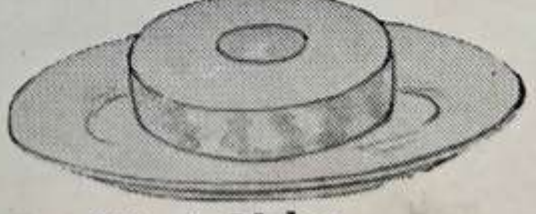
Bananas



Cucumber

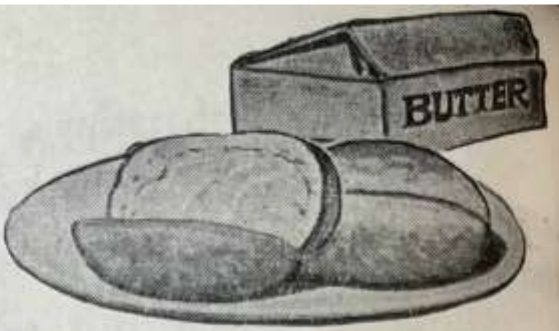


Singkamas



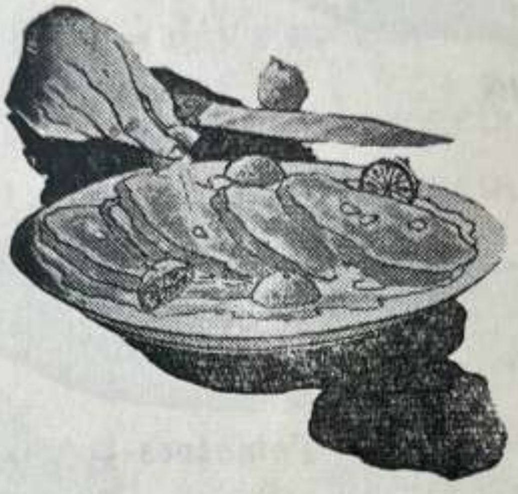
Sliced Melon

A tablespoon of butter or margarine daily with your *pan de sal*, and two tablespoons cooking oil with your sauteed and fried food, will supply your fat needs for a day.



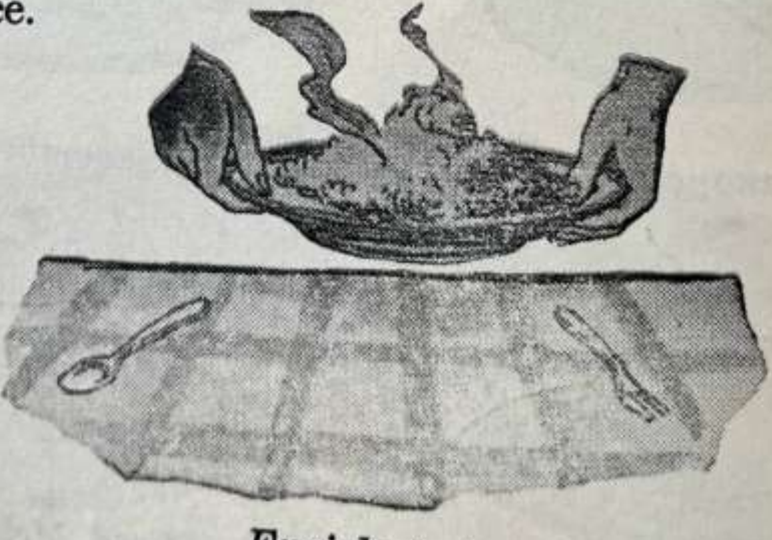
Buttered pan de sal

Include a serving of protein-rich food in your meals two or three times a day.



Slices of meat with kalamansi

Two or three cups of enriched rice and other energy foods will meet your supply daily. If polished rice is used, have more of fruits and raw vegetables in your meals. Fruits and vegetables will supplement the lack of vitamins in the polished rice.



Enriched rtce

Class Activities

Things to remember

Underline the word which does not belong to the group:

a. Meat, eggs, milk, corn, chicken
b. Rice, *ubi*, *kundol*, cassava, *gabi*
c. Protein, cream, eggyolk, lard
d. Calcium, salt, thiamine, phosphorus, iron
e. Niacin, beriberi, riboflavin, thiamine
f. Digestion, congestion, assimilation, absorption
g. Orange, calcium, pomelo, guavas
h. Avocado, lettuce, *malunggay*, *saluyot*
i. *Patola*, eggplant, cucumber, cabbage
j. Milk, fish, crabs, shrimps, clams

Things to do

a. Check list of eating habits you observe daily:

	Yes	*No*
1. I eat three regular meals every day		
2. I enjoy my meals and take time to eat them		
3. I digest food easily		
4. I eat at regular hours		
5. I eat a hearty breakfast every day		
6. I eat fresh fruits daily		
7. I eat meat, poultry, or fish every day		
8. I eat green or yellow vegetables daily		
9. I take at least 6 to 8 glasses of liquid daily (water, milk, soup, fruit juices)		
10. I observe good table manners ...		

SPICES AND CONDIMENTS

Filipinos are fond of adding spices and condiments to flavor or give taste to their foods. These also help the flow of juices in the stomach and small intestines. These juices in turn work on the foods causing them to be digested and later on assimilated by the body. The most common spices and condiments are white or black pepper, curry powder and laurel leaves. There are many others which improve the taste of food.

Spices and condiments are dried parts of plants or herbs. They come in the form of dry leaves, pieces of barks, flowers, stems, and fruits.

In the ancient times, the chief sources of spices were countries in the orient, like India and China. Some countries in Europe had control over these products through their colonies in the East. The search for richer sources of these products led to the discovery of new lands. America and the Philippines were discovered accidentally by Europeans who were looking for new sources of spices and condiments. In time, seeds of spices and condiments were taken to other lands where they grew and multiplied. Now spices and condiments are produced in abundance and can be bought cheaply at any corner store.

Your family must have used such spices as *laurel, kanela, anis mascada, clavo,* and *paminta*. This chapter will acquaint you with other kinds of spices, their characteristics and uses.

All spice is a hard dry berry with a rough surface. Each berry contains two deep-brown seeds and has a clove-like fragrance and strong aromatic taste. This seed is ground fine and used to flavor meats, gravies, relishes, pies and preserves. It is also used in the manufacture of commercial foodstuff, such as pickles and catsup.

Cinnamon bark

Cinnamon is the thin rolled bark of the cinnamon tree. It has a pleasing fragrance and a warm aromatic taste. Powdered cinnamon is used mostly in cakes, buns, puddings, and desserts. Cinnamon oil is used as medicine.

Cassia is a reddish-brown bark, thicker and coarser than cinnamon. It has an agreeable odor, less fragrant than cinnamon. It is sweet and has an aromatic taste. Cassia is sold whole, broken or ground. It is used for flavoring buns, cakes, pies and puddings.

Cloves look like round-headed nails. They have a very strong aromatic odor and hot keen taste. They are used for flavoring roasts, hams and stews. They are also used for sauces and dressings for poultry, sausage, and hamburger.

Cloves

Ginger

Ginger is an underground stem of the plant, irregular in shape. The color is light cream. This has an agreeable but somewhat keen taste. It is commonly used to flavor such foods as stews, *paksiw* and *nilaga*. It is also popular for making *salabat* (ginger tea) a native drink of boiled water, *panutsa* and ginger. Another type is yellow orange in color. This is used mainly for its color.

Nutmeg is a greyish-brown nut. It has a strong aromatic smell and a warm slightly bitter taste. It is sold whole or powdered. Nutmeg is used for flavoring sweet-sour dishes like *estofado* and *humba.* It also adds flavor to cakes, puddings and sauces.

Mace is a product of the nutmeg tree. It is the crimson covering of the nutmeg kernel. It is yellow-reddish-brown in color, shiny, smooth, and brittle. It is sold whole, in piece or ground. It has the nutmeg smell. It is used in the manufacture of catsup, mustard, and sauce. It adds flavor to cakes, preserves, fish, meats and pickles.

Black pepper is the immature berry of the pepper plant. It is from dark-brown to black in color. It is small and wrinkled and has a hot biting taste.

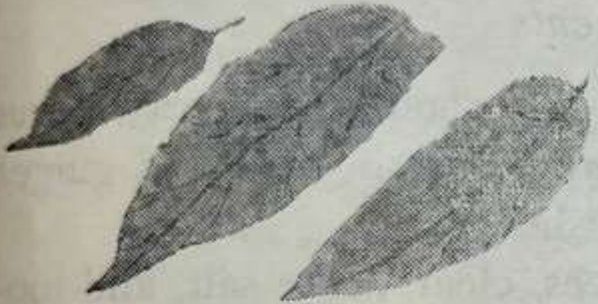
White pepper is the dried mature peppercorn without the outer coating. It differs in odor from black pepper and has a biting taste. It is used for spiced dishes such as *dinuguan, kilawin, adobo*, and *kaldereta.*

Black
PEPPER
White
PEPPER

Anis consists of seeds of a plant of the lily family. It has an agreeable and pleasing odor and aromatic flavor. It is used for flavoring liquors and sweets.

Mustard seed is yellowish in color and hard in texture. While it has only a faint odor, it is strong in taste. Ground mustard is used in mustard pickle and mustard paste. It is also used as mustard plaster.

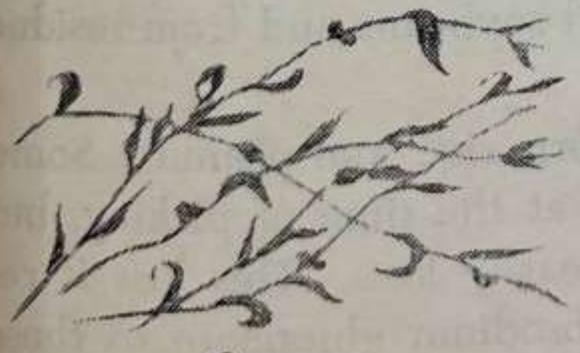
Laurel, sometimes called bay leaf, is the dried leaf of the laurel tree. It is smooth, shiny, and stiff. It has a pleasing odor and a slightly bitter taste. The leaf should be torn to bring out the flavor. It is used for *adobo*, *mitsado*, and other stewed meats.



Laurel leaves

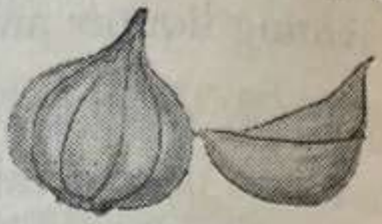
Mint is the dried leaf of the mint plant. It has a strong sweetish odor and warm, pleasant taste with a cooling effect. It is used to flavor beverages, meat sauces, and candies.

Oreganum is the dried, brittle and curled leaf and stem of the oreganum plant. It is greyish black in color. It has a strong aromatic, camphorlike odor and a warm, bitter taste It is used for soups, meat, and egg dishes.



Oregano

Garlic belongs to the lily family too. Green garlic has flat greyish-green leaves. The bulbous root is made up of small segments held together by white layers of skin and is used as a condiment when mature. The flavor and aroma are strong and biting. It is a popular ingredient in most Filipino and Spanish dishes. The segments called cloves are peeled and minced and used in sauteing.



Garlic

Condiments

Curry powder is a mixture of coriander, tumeric, cloves, cassia, black and red pepper, garlic, cusmin seed and ginger. It is used for flavoring curried dishes.

Savory salt is a blend of spices, clear white salt, and monosodium glutamate. It is used for seasoning.

Monosodium glutamate (popularly called vetsin) consists of very fine elongated crystals. These crystals are protein materials and are odorless but taste slightly salty and sweet. A little of this is added to meat, fish, and vegetable dishes to give them a delicious flavor.

For years, Japan and China had control of the manufacture of this powder from seaweed (Laminaria japonica) for flavoring. At present these glutamate crystals are obtained and manufactured from wheat and soybeans and from residue of beet molasses.

Glutamate is present also in corn, rice, and peanuts. Some vegetables contain full glutamate at the time of picking, but like some vitamins, glutamate is easily lost. This loss is replaced by the addition of monosodium glutamate to these foods.

Class Activities

1. Things to do

a. Bring samples of spices and identify them.
b. Make a list of food that you eat often, the spices or condiments used in these foods and the amount added in the dish.
c. Read any additional article about spices and report your findings in class.

2. Things to remember:

a. Spices make food tastier.
b. They should be used only in small amounts.
c. They are only for adults, not for children.
d. Too much use of spices is not good for the health.

3. Word study

a. aroma
b. bark
c. flavor
d. gravy
e. kernel
f. pungent
g. relishes
h. taste
i. texture

MARKETING FOR YOUR FAMILY

"Come, let's hurry, 'tis market day.
See what we can buy with Father's pay.
Yellow mangoes sweet, papayas green,
Chinese apple tarts and mangosteen."

Marketing is an easy job if you know what to do and how to plan for it. As a homemaker, you will find that marketing for your family is an interesting and exciting experience. With money in your purse and a list in your hand you go from stall to stall, looking at the goods for sale and finally selecting the things to buy.

In some towns and barrios, market day comes only once a week, while in cities and bigger towns, markets are open every day. If you live in a barrio, you should grow most of your vegetables, and fruits. When you do this, your market lists will be shorter. It will include only those foods your family will need for the week. You should know the current prices of foods. If your allowance is small, buy only those most needed by your family.

Marketing for your family

Sample market list

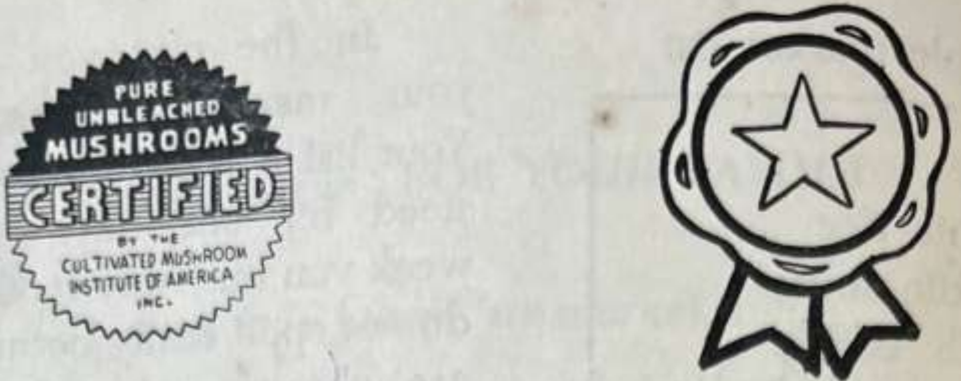
1 ganta rice
1/2 kilo sugar
1/2 lb. coffee
3 cans of milk
2 milk fish
1 liter salt
1/2 kilo pork
1/2 ganta *mungo*
garlic
1/2 kilo onions
tomatoes
1 head cabbage
1/2 *kalabasa*

In the city you can do your marketing every day. Your list will contain foods you need for one day. Once a week you may buy foods which do not spoil easily because they are cheaper when bought in quantity. These should be stored in a clean dry place.

To save time, be acquainted with the divisions of the market. Be familiar with the location of the stands for certain food, such as meat, fish, vegetables, fruits and other food products. Try to do your marketing before the crowded hours.

Choose your foods for their quality and nutritive value. Fresh foods are always the best, although they cost a little more. Frozen, wilted, and damaged foods cost less, but most of their nutrients are lost. Here is a good guide in selecting and buying foods:

1. Include some foods from each group of the Basic Six every day.
2. Buy foods by the weight rather than by the piece.
3. When buying canned goods, beware of imitations. Read the labels for the specific brand you wish to buy. Look for the government inspection stamp or the company's guarantee.


PURE
UNBLEACHED
MUSHROOMS
CERTIFIED
BY THE
CULTIVATED MUSHROOM
INSTITUTE OF AMERICA
INC.

Pure food guarantee

4. Examine foods at bargain counters carefully before you buy them.

5. Buy staple foods in quantity when there is safe storage space for them in your kitchen. Such staples as rice, sugar, milk, lard, salt, and dried fish or meat are cheaper when bought in quantity.

6. When buying vegetables, remember the following:
   a. Buy them fresh.
   b. Choose those without signs of decay or worm injury.
   c. Handle them gently.
   d. Select eggplants, *amargosos, upo,* and *patola* that are firm, even-colored and free from scars and spots.
   e. Pick cabbage heads that are firm and heavy. Buy a smaller head rather than part of a big one.
   f. Avoid buying vegetables that are peeled, cut up, or soaked in water Exposure to air and water reduces their food value.

Fresh fruits on stall

7. In selecting fruits, follow these suggestions:

a. Buy fruits in season. They are cheaper and better in quality.

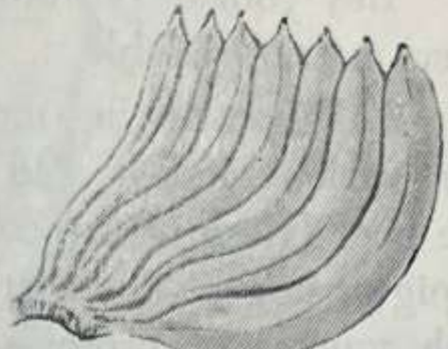
b. Citrus fruits should be heavy for their size. Choose those with a fine grain and even skin.

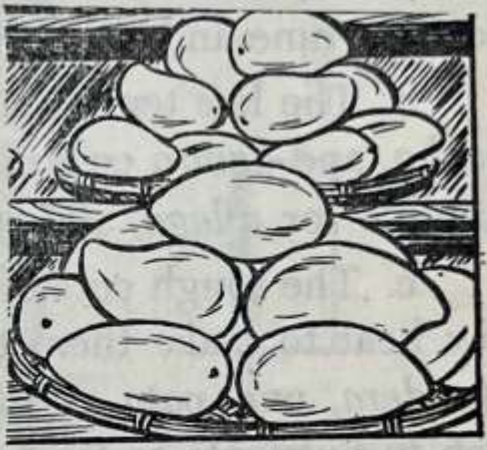
c. Fruits should be firm and even-colored and free from signs of decay.

d. Fruits that are just ripe are richer in nutrients. Overripe fruits have less food value.

e. Do not buy *carburo-*ripened fruits. They look ripe but are really immature.

f. Buy your fruits as well as other foods from clean stalls and vendors who look healthy.


A bunch of bananas


Mangoes

8. To test freshness of eggs, try these methods:

a. Hold the egg against the light. If it is clear, it is fresh.

b. When slipped into a basin of water a fresh egg will lie on its side.

c. The shell of a fresh egg is usually rough.

d. A fresh egg is heavy.

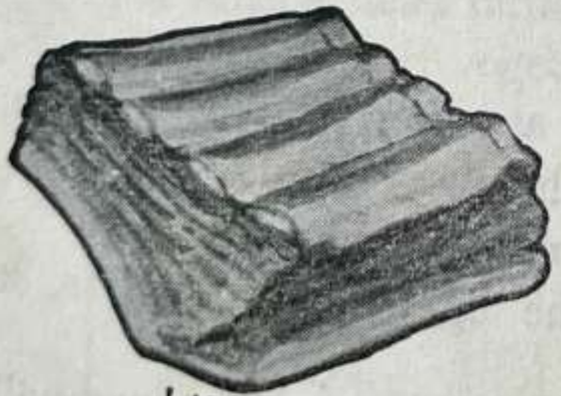
Buy your eggs from vendors with permanent stalls. Peddlers are not reliable.

9. When buying meat, know their characteristics. There are various meats sold in the market. The most popular are beef (flesh of the cow or carabao) and pork (the flesh of a pig or hog). There are also the glandular organs which are rich sources of proteins, minerals, and vitamins. All meats sold in the market should carry the stamp of government inspection. Look for the purple stamp on the skin of the carcass.

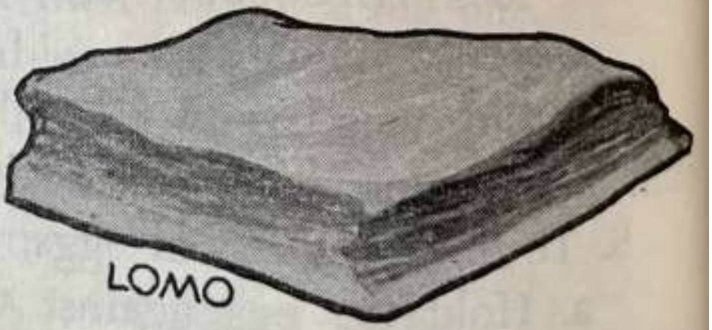
a. Tender cuts of meat such as *lomo, cadera, solomillo,* and *pierna corta* are the most expensive. They require short cooking time and are served broiled or fried as in steaks.

b. The less tender cuts such as *liempo, costillas, punta de pecho,* and *kamto* cost much less than the tender cuts and are suitable for *nilaga, sinigang,* and *tinola.*

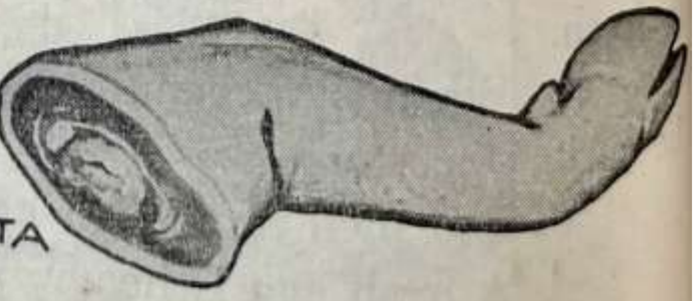
c. The tough cuts of meat require long slow cooking over low heat to make them tender. They are the *batuk, kenchi, tapadera,* and *pata.* They are the cheapest cuts but are as rich in nutrients as the tender ones. They are good for stews such as *putsero, kari-kari, mitsado,* and *pastel.*



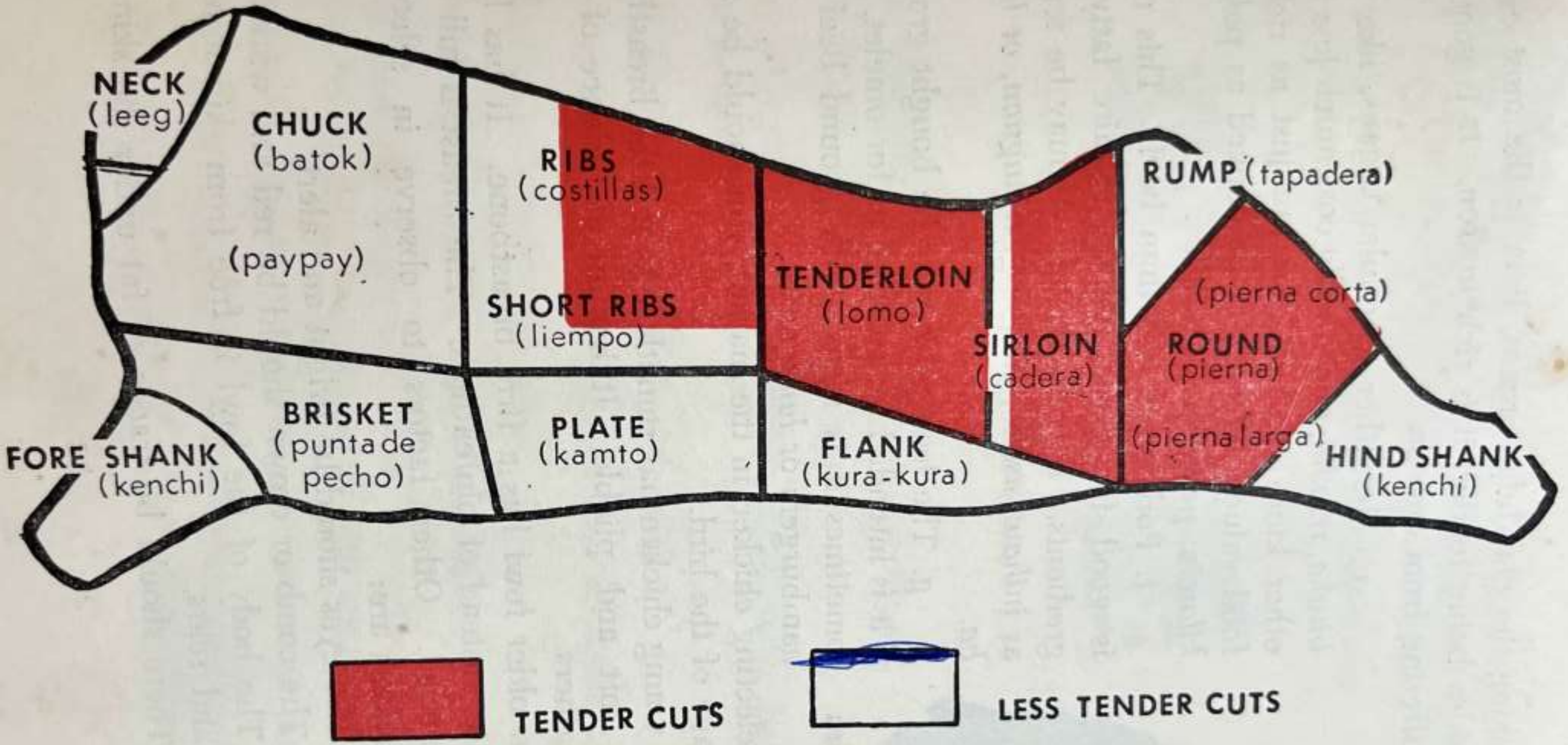
LIEMPO



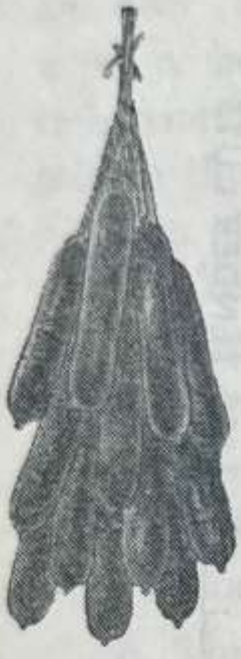
LOMO



PATA


NECK
(leeg)
CHUCK
(batok)
(paypay)
RIBS
(costillas)
SHORT RIBS
(liempo)
TENDERLOIN
(lomo)
SIRLOIN
(cadera)
RUMP (tapadera)
(pierna corta)
ROUND
(pierna)
(pierna larga)
HIND SHANK
(kenchi)
FORE SHANK
(kenchi)
BRISKET
(punta de
pecho)
PLATE
(kamto)
FLANK
(kura-kura)
🟥 TENDER CUTS
☐ LESS TENDER CUTS

d. Among the glandular organs, liver is the most expensive. Besides being tender, it is rich in iron. It is good for persons suffering from anemia.



Langgonisa

e. The other glandular organs, like *goto bituka, tripilla,* and *librillo* cost much less than other kinds of meat but are just as rich in food value. They may be cooked as *paksiw, kilawin, pamplina,* or *callos.*

f. Pork costs less than beef. This meat is good for dishes which require fatty ingredients. It cooks faster. It may be served as *inihaw, asado, sinigang, dinuguan, or humba.*

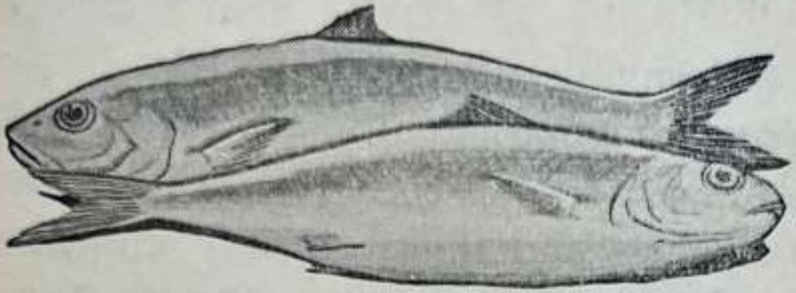
g. The lean pork may be bought ground if it is intended for stuffing or for omelet, and sometimes it is mixed with ground beef for hamburgers or *langgonisa.*

10. In selecting chicken in the market, you should be able to tell the age of the bird.

   a. A young chicken has smooth legs and the breastbone is soft and pliable. It has an abundance of pin feathers.
   b. An older fowl has a firm breastbone. It has long hairs instead of pinfeathers. The breast is full and rounded. Other factors to observe in selecting chickens are:
      1. The eyes should be bright and alert.
      2. The comb or crown should be red and warm.
      3. The body of the fowl is free from skin injuries and scars.
      4. There should be traces of fat under the skin.

Dressed chickens are sold in the markets in cities and towns. They are stamped by the health inspectors to show the buying public that they are healthy chickens.

11. Fresh fish has the following characteristics.



Milk fish (Bangus)

a. The gills are red, not grey nor brown.

b. The eyes are full and bright.

c. The flesh is firm. When pressed with the fingers, no mark is left.

d. The scales are full and shiny.

e. It has a fish odor which is not unpleasant.

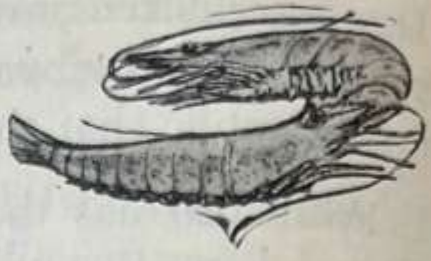
f. The belly walls are intact.

Frozen fish should be cooked immediately.

Tuyo and *daing* are fish cured by salting and drying. They may be stored for sometime without spoiling.

Tinapa or smoked fish is good only for two or three days.

12. The kind of shrimp to buy is determined by the kind of dish to be prepared. Here are some suggestions:



Shrimps

a. Buy the small fresh-water shrimps for *halabos.*

b. For sauteing, choose the dark salt-water kind known locally as *suahe.*

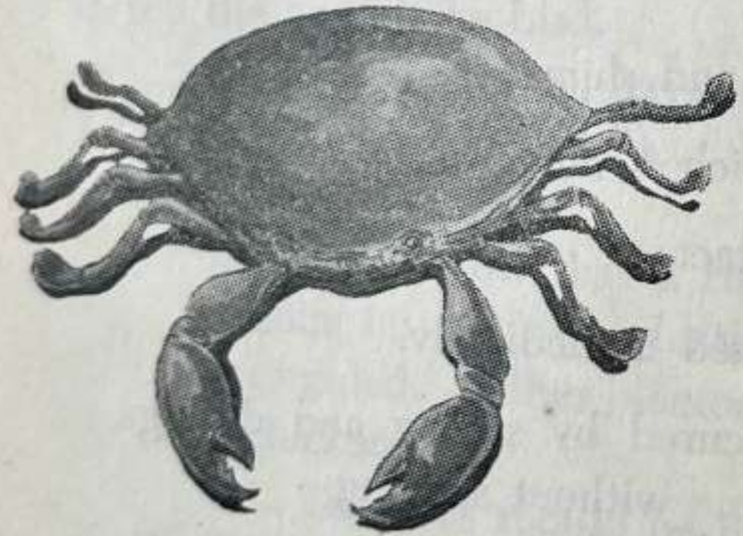
c. For *sinigang,* use the white variety.

d. For *camaron rebosado,* use any medium-sized shrimp with the heads intact.

e. The smallest and tiniest variety known as *alamang* is usually sauteed with onions and tomatoes. It is also made into *bagoong.*

13. Crabs are a kind of shell fish. *Alimango* has dark green hard shell; *alimasag* is lighter in color and has a brittle shell. The *talangka* is like small *alimango.* Here are some pointers on buying crabs:

a. Select those with shell and body intact.



Crab

b. Choose those alive if available.

c. Press the apron (abdominal part) to see if it is firm.

d. Observe the dark heavy lines well marked on the shell.

e. The odor should be fresh.

f. They should be heavy for their size.

g. The sharp end of the shell should not yield when pressed between the fingers.

14. Rice. The price of rice varies according to quality, variety, available supply in the market, and age of the cereal. All things being equal, *laon* or aged rice costs more. It absorbs more water and doubles in volume when cooked. *Bago* or newly harvested rice is cheaper. It needs less water for cooking. There is little increase in bulk and the rice burns easily.

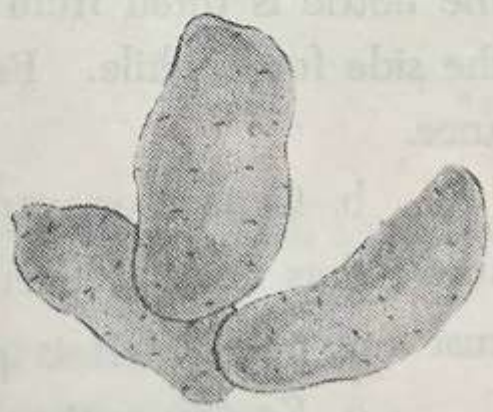
Whatever rice is selected for the family, whole grain is better than broken grain. Broken grain loses its food value when cooked. Good rice is dry, clean, and heavy. Ask for enriched rice when buying this cereal.

15. Like rice, the price of corn also varies. Ground corn costs less than whole grain. Watch out for mixtures when buying corn. See that the grains are not infested with worms.

16. In buying sugar, select the brown one. It is richer in nutrients than the white one. Like rice, sugar loses its valuable substances during the process of refining. Besides, you pay less for the brown sugar.

17. In buying root crops, such as *gabi*, *kamote*, *ubi* or cassava, observe the following points:

a. Yellow and orange *kamote* are rich in vitamin A. This vitamin is not present in other varieties. Worm injury makes the *kamote* taste bitter. This worm called *ulalu* bores inside the *kamote* and makes it bitter. Look out for the scars when buying *kamote*.



Kamote

b. *Gabi* is of two kinds, depending on where it is grown, in the Tagalog provinces or in Cebu and Bohol. The first variety is small and is spongy when cooked. The second is bigger in size and gelatinous when done. Tagalog *gabi* costs more than the Cebu or Bohol variety.

Ubi

c. There are three kinds of *ubi*: dark purple, light purple, and white. Colored *ubi* is more attractive and appetizing. Colored *ubi* costs more. It is usually made into paste or jam.

d. Cassava or *kamoteng kahoy* is a cheap root crop. Select the young ones which have tender skin. Buy them by the kilo.

Root crops are cheaper to buy in quantity. Do not wash off the soil coating if you are not ready to use them.

18. When buying milk or milk products, be sure to get them from a known source. The following points are helpful:

a. Good fresh milk has a pleasant milky odor. When the bottle is tilted from side to side, a thin film remains on the side for a while. Fresh milk is creamy white in appearance.

b. Canned or evaporated milk should be shaken to make sure it has not hardened. A good can of milk is free from rust and bulges. It is properly labeled.

c. *Kesong puti* or fresh cottage cheese is soft and holds its shape to the touch. It is often sold wrapped in banana leaves. It smells slightly sweet sour.

19. Some facts about fat-rich foods you should know are:

a. Good butter or margarine is soft and spreads well. It does not melt under ordinary room temperature. Fortified margarine is a good substitute for butter. It is enriched with minerals and vitamins. Look for this guarantee on the label.

b. Vegetable fat or lard comes in solid and liquid forms. They come in different brands according to the factory that produces them.

c. Pork fat may be obtained by buying fresh pork fat. Cut this into small cubes and boil in a small amount of water until dry. Lower the fire and cook slowly until all the fat is extracted. The remaining solids are called *sitsaron.* When used with sauteed vegetables, *sitsaron* improves the flavor of the dish.

Class Activities

1. Things to talk about

a. Foods in season at different times of the year.
b. Preparing a market list and providing for substitutes.
c. Buying cereals and staples.
d. Proper selection of food.
e. The market in your locality.

2. Things to do

a. Bring labels of canned foods to class. Tell the class what they say.
b. Make a diagram of your local market.
c. Show the location of the different stalls.
d. If your market is insanitary, report it to your mayor or *teniente del barrio.*

3. Things to remember

a. Choose foods for their quality, not quantity.
b. *Carburo*-ripened fruits are not truly ripe.
c. Include some food item from each of the Basic Six Food groups every day.
d. Use brown or unpolished rice or enriched rice.
e. Roots and tubers are substitutes for rice.

4. Clip newspaper pictures of food for sale. Compare these with those they actually sell. Watch for bargain notices and study them.

4. Word study

a. bulge
b. current
c. firm
d. fortified
e. guarantee
f. extract
g. label
h. market
i. pin feathers
j. wilted
k. immature
l. flexible

Unit III

PREPARING YOUR FAMILY MEALS

Selecting foods carefully and serving them attractively should be the aim of every housekeeper. Your family will enjoy eating well prepared meals. Mealtime is the best time for all the members of the family to be kind, considerate, and generous to one another.

In preparing for your family meals, you need to know how to read and carry out instructions given in the recipes. Measurements are given in kilos, grams, and pounds as to weight; or, in gantas, liters, chupas, cups, pints, and quarts, as to volume. Try to acquire some skills in measuring by practicing with water, sugar, or pieces of meat or fish. Try to use standard measuring cups and spoons.

Before food is cooked, it has to go through several processes, such as separating the edible from the inedible parts, and cleaning and washing them. There are also terms in the recipes which describe the processes involved. Be familiar with the following terms and processes;

Paring

1. *For removing the skin, as in:*

    a. *Paring* potatoes, papaya, *kalabasa,* and *patola.* Cut the skin off with a knife.

Peeling

b. *Peeling* oranges, bananas, cooked potatoes and *kamotes.* Hold a piece of the skin between the thumb and the knife, then pull it off.

Scraping

c. *Scraping* radishes, carrots, young *upo,* and cucumber. Hold the blade of the knife over the surface of the vegetable and scrape off the skin very thin.

Shelling

d. *Shelling* beans, peas, peanuts, and also shrimps. Press or crack the hard cover open, drawing out the seeds or the meat.

Stringing

e. *Stringing sitaw, sitsaro,* or *abitsuelas.* Break the end of the pod and pull off the stringy fibers along the sides.

Cutting

2. *For cutting food into desired sizes and shapes like:*

a. *Dicing* vegetables and fruits. First cut them into slices, then cut slices into strips, and cut strips into cubes.

Dicing

b. *Slicing* bread, potatoes, or fruits. Cut these into thin pieces of uniform size.

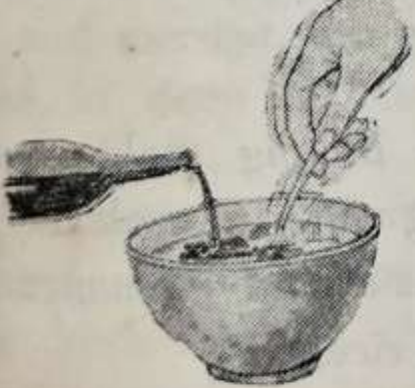
c. *Shredding buko* or *makapuno* or melon. Scoop out the meat into fine stringlike curls, using a shredder.

Beating

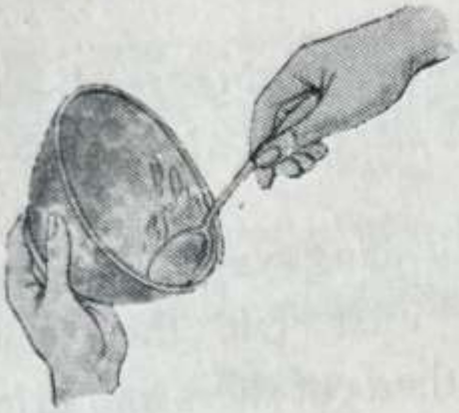
3. *For combining foods as in:*

a. *Beating* eggs or cream, mixing them with air bubbles by repeated round and round motion of a spoon, fork, or an egg beater.

b. *Blending* or combining different flavors like vinegar, sugar, salt for dressings.



Blending



Creaming

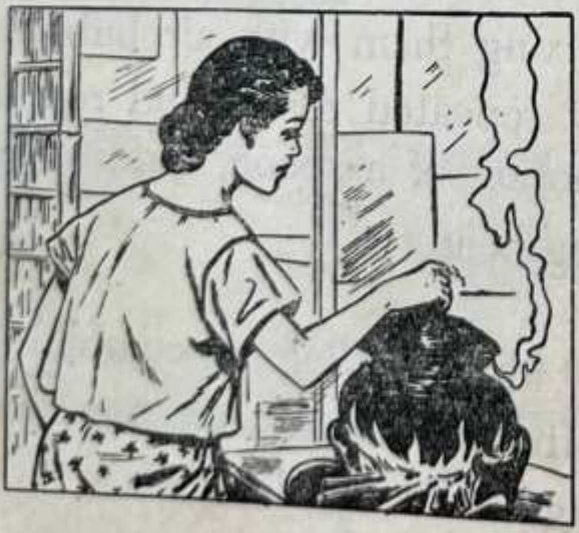
c. *Creaming* or rubbing butter and other fats against the side of a bowl by means of a fork or a spoon to soften it.

Mixing

d. *Mixing* different ingredients by stirring them in the bowl or other vessel, using a mixing spoon.

e. *Marinating* or soaking food in a mixture of vinegar, salt, and sugar for a few minutes, or covering food with acids such as *kalamansi* or lime juice.

After the food has been cleaned, washed, and cut into desired pieces, it is ready for cooking. Cooking is the process of preparing food for the table by means of heat. This process improves the flavor of food, besides killing the germs in it. It also makes the food appetizing and easy to digest.



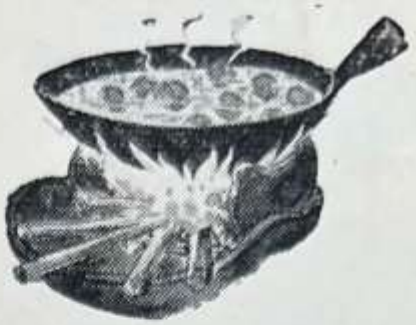
Boiling

Some common methods of cooking are:

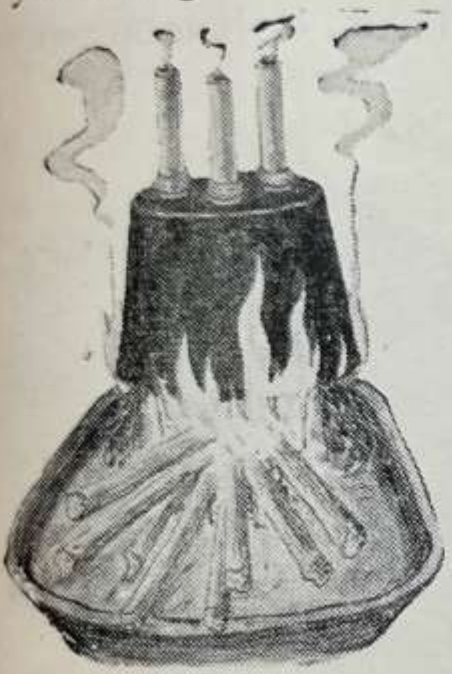
1. *Boiling* makes use of boiling water to cook the food, such as *sinigang*, *pinangat*, and boiled rice.

b. *Simmering* means cooking food before water reaches the boiling point, as in pasteurizing milk or cooking eggs.

c. *Stewing* is cooking slowly over low even heat, with just enough water to cover the food. Tough cuts of meat or dried beans are cooked by stewing.



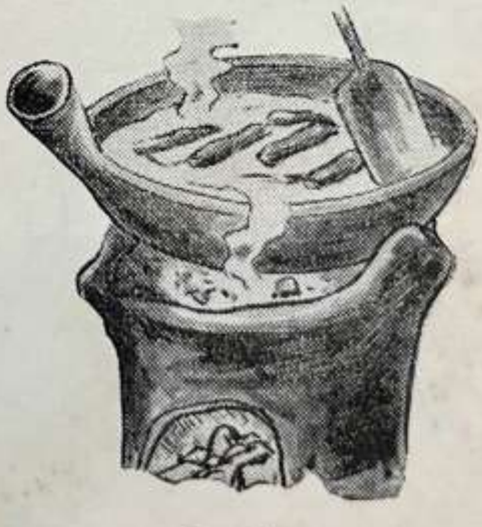
Simmering



Steaming

d. *Steaming* is cooking food by means of steam. *Puto, kutsinta,* and *puto bumbong* are cooked by steaming.

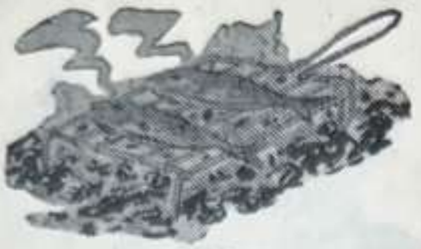
e. *Sauteing* is cooking vegetables with pork and shrimps. A little fat is heated in a *carajay* and the food in it is turned over frequently to prevent burning.



Frying

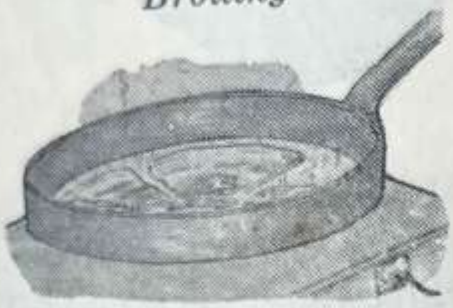
f. When *frying butse, ukoy,* and *maruya,* the food is cooked in deep fat until it floats.

g. *Roasting.* This is cooking food over live coals. A whole dressed turkey, chicken, or pig is trussed on a long bamboo pole and turned round and round over the coals until done.



Broiling

h. *Broiling* is the same as roasting except that it applies to small pieces of food, such as a small fish or a piece of meat.

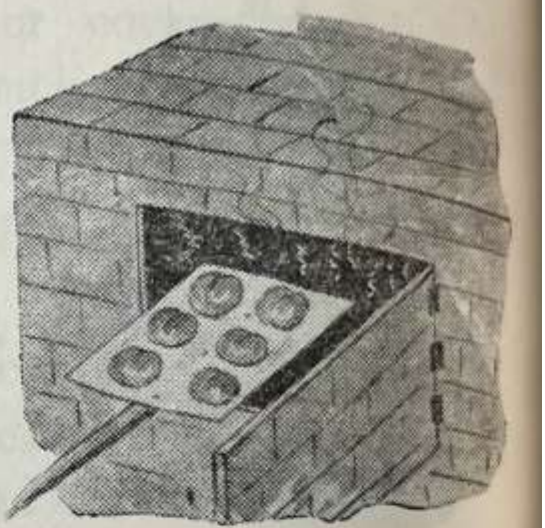


Pan broiling

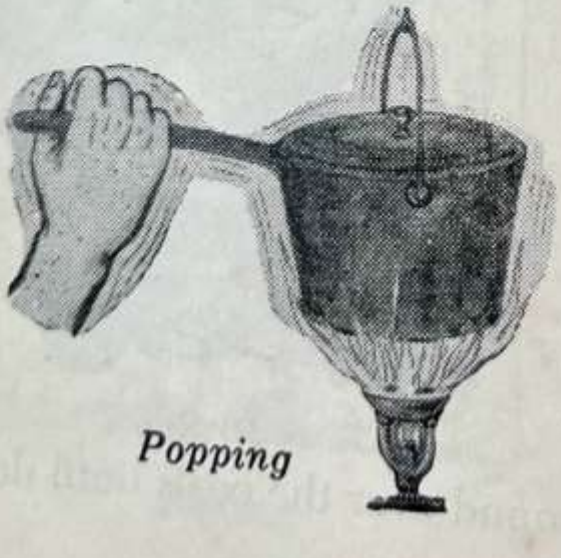
i. *Pan broiling* uses very little or no fat in a very hot pan. Only very thin pieces or slices of food are cooked this way, such as bacon or hamburger.

j. *Baking* is cooking in an oven. This applies to the cooking of bread, cakes, and cookies.

k. *Toasting* is browning dry pieces of food, such as a slice of bread.



Baking



Popping

l. *Popping* is heating the kernels of corn or rice in a covered pan, causing them to burst suddenly open when slightly shaken over the fire. Examples are popped corn and *ampaw*.

The next step now is to know the rules in food preparation in order to prevent waste of food. Some of these rules to remember are:

1. On Vegetables:

a. Wash vegetables quickly before paring or cutting them. Use clean running water for cleaning and a vegetable brush to remove sand and dirt.

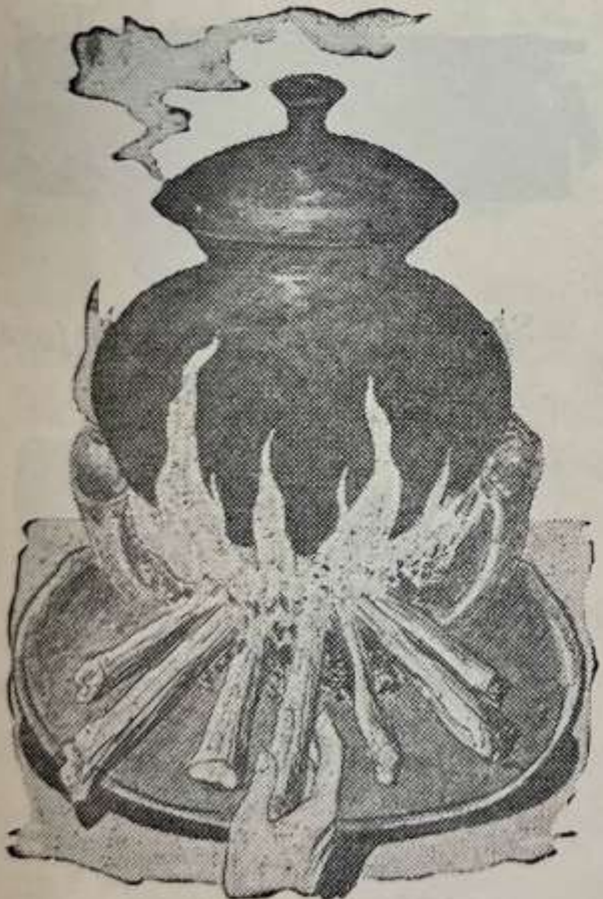
b. Pare vegetables thin. Peel or scrape if possible because mineral oils are found next to the skin.

Pare vegetable thin

c. Cut vegetables into big pieces.

d. Cook them in as little water as possible. Water left after cooking should be used in sauces and soups.

e. Cover the pot while vegetables are cooking to prevent the escape of nutrients through steam.



Cover pot while cooking

f. Cook starchy vegetables with their skin on. Cut them up later.

g. Add vegetables when water is actually boiling.

h. When combining vegetables in one recipe, cook roots first; then the legumes, and lastly, the leafy greens. Stir them as little as possible.

i. Do not soak vegetables. Those that tarnish easily should be cut immediately before they are cooked.

j. Do not buy vegetables already cut up or soaked in water. Setting them to air and water lessens their food value.

k. To freshen vegetables, sprinkle them lightly with water.

l. Soak only dried legumes.

m. Select vegetables that are garden fresh. They are richer and taste better.

n. Serve raw vegetables often as salads and appetizers.

Starchy vegetables

Freshening vegetables

Soak dried legumes before cooking

Select vegetables that are garden fresh

2. **On meat**

a. Cut meat into big serving pieces. After they are cut, they should not be washed nor soaked in water.

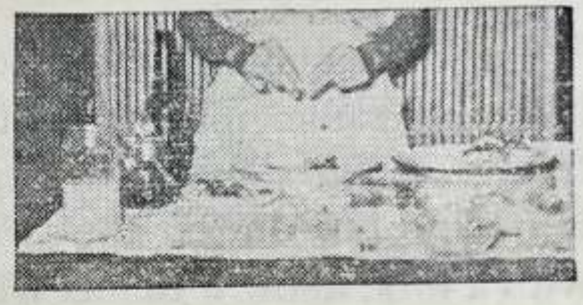
b. Keep juices in meat by searing. This is done by having fat hot or any liquid at boiling point before adding the cuts of meat. Then lower the heat and cook slowly until tender.

c. Other methods recommended for cooking meats:

(1) Roasting and broiling are suitable for cooking tender cuts of meat such as pork *costillas* or tenderloin.

(2) Less tender cuts, provided the meat is pounded with the back of a knife and soaked in vinegar or *kalamansi* juice for about 30 minutes, may be fried or broiled.

(3) Tough cuts are best cooked by stewing, braising, or fricaseeing. *Kari-kari de pata* or *asado de carajay* are examples of stewing and fricaseeing.



Marinate liver in kalamansi juice and salt before cooking

(4) Liver needs special attention in cooking. Marinate the slices in *kalamansi* juice and salt for 30 minutes. Just before serving time, cook it in hot fat over medium heat. Prick each side every now and then to see if the blood is dried up and the liver is tender. Serve with fried onions, soy sauce and *kalamansi* juice.

3. **On eggs**

a. To cook eggs, correct timing is needed. For soft-cooked eggs, or *malasado*, simmer the eggs for 3 minutes. For hard-cooked ones, simmer them for 8 minutes. Do not boil eggs.

b. To fry an egg, heat the lard in a frying pan and slip the egg into it from a saucer. Add a pinch of salt, and spoon the hot fat over the egg until a white film covers the yolk, or turn the egg to cook the other side.

c. To scramble an egg, follow the same procedure for frying. After slipping the egg into the fat, break the yolk with a fork, allow it to mix with the white, and add salt. Cook until just done.

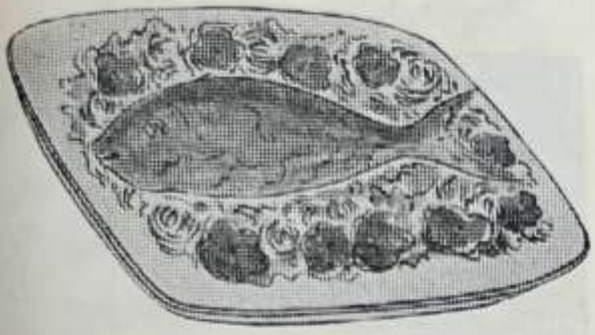
d. To make an omelet, beat the egg until creamy. Add a pinch of salt and pepper. Heat a slightly greased pan. Pour the beaten egg into the pan and allow it to spread to the sides. Put in the filling. Fold one half over the other and brown both sides.

Scrambled eggs

Omelet

4. On fish

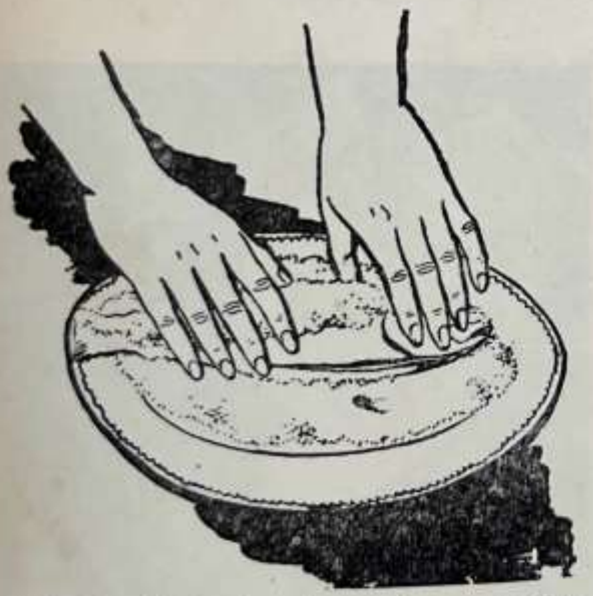
Fish cooks quickly in moderate heat. When cooked with vegetables, add fish when vegetables are almost done.



Fish relleno

a. Fish may be broiled as in *inihaw*, stuffed as in *relleno*, boiled as in *sinigang* or *pesa*, sauteed with vegetables as in *bulang-lang* and fried as in fillets or croquettes.

b. In frying fish, roll the pieces in bread crumbs. Heat a little lard in a frying pan and fry until done. This will give the fish a brown crust, prevent sputtering of fat, and give it a delicious flavor. It will also prevent too much absorption of fat.



Roll fish in bread crumbs

c. When frying fish, a piece of banana leaf may also be used. Cook the fish in the pan with a little hot fat. Use the banana leaf as a lining for the pan. Brown the fish on both sides. The banana leaf will prevent the fish from sticking to the pan.

5. On poultry

Follow these directions in dressing poultry:

a. Give the fowl (chicken, duck, turkey) water only 12 hours before killing it. This will make the removal of the intestines easier.

Safe way of killing fowl

b. The usual way of killing the fowl is to make a cut under the ear and through the windpipe. Do this as quickly as possible.

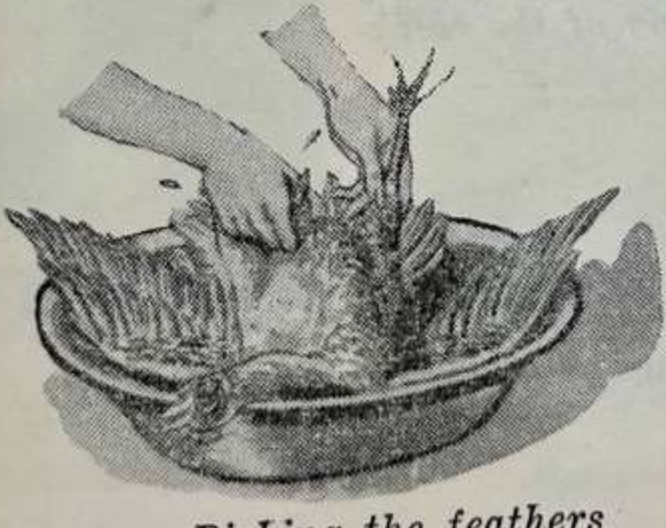
c. Hold the chicken head down several minutes to let the blood run off into a cup or saucer.

Bleeding the fowl

Pouring cold water over feathers

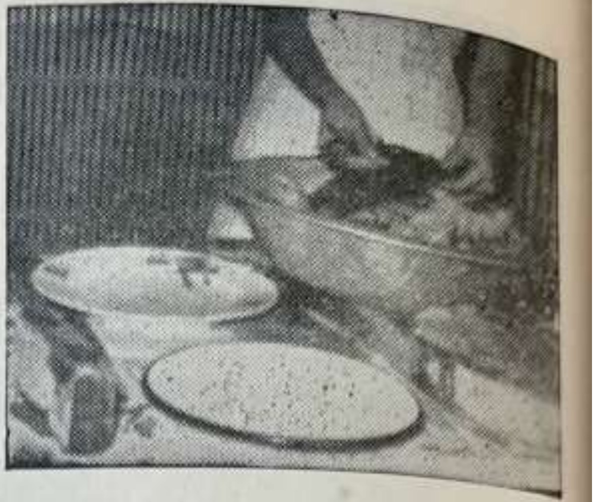
Scalding fowl

d. Pour cold water over the chicken to wet the feathers. Then dip it awhile in hot water and pull off the feathers.

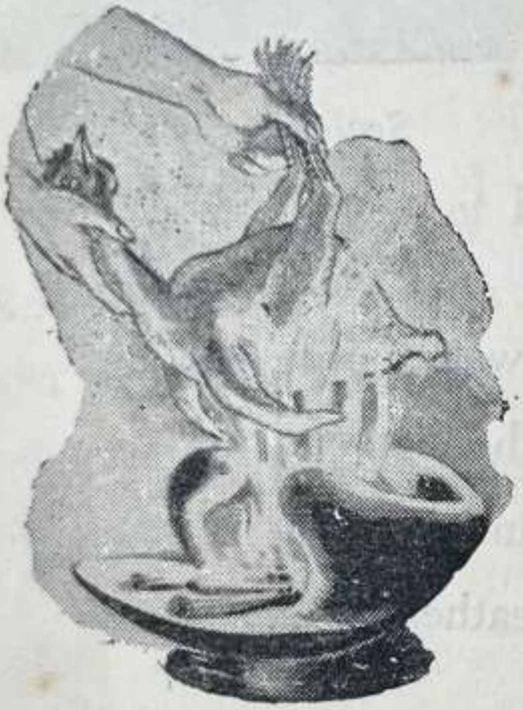


Picking the feathers

e. Remove the pin feathers with the point of a small knife and the thumb.



Removing pin feathers



Removing tiny hairs by quickly passing the body of the chicken over fire.

f. If the bird is an old one singe it to remove the hair. Hold it over the fire and turn the fowl around to singe it on all sides.

g. Rub the entire body with salt or ashes, then rinse well.

Rubbing salt over the entire body

h. Turn back the skin of the neckbone close to the shoulders, and cut off the neck.

Pulling out the windpipe

i. Pull out the windpipe together with the stomach.

Removing entrails

j. Make an opening below the breast bone and reach for the entrails.

k. Take a tight hold of the entrails with the hand and draw them out. Be careful not to break the gall bladder.

l. Separate the heart, liver and gizzard from the intestines.

m. Cut carefully around the gizzard up to the inner lining.

n. Remove the inner sac, taking care to keep it whole.

o. Trim the heart and press out any blood that has become hard.

p. Remove the gall bladder carefully, taking the discolored part of the liver with it.

q. Cut off the oilbag at the top of the tail.

r. Wash the chicken inside and out.

s. The chicken may be cooked whole or cut in pieces.

t. Keep the chicken in a cool place until it is ready for cooking.

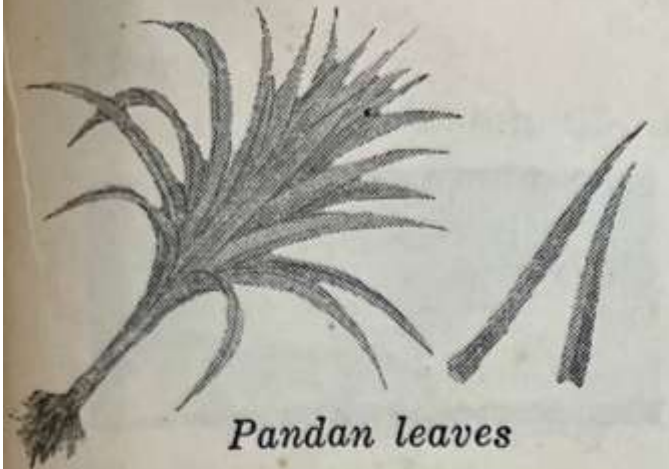
Separating the head, liver and gizzard

Cleaning gizzard

Cutting off the oil bag

Younger chickens are usually fried or broiled. The older ones are stewed, stuffed, or cooked as *adobo*, *pastel*, or *estofado*.

6. On legumes



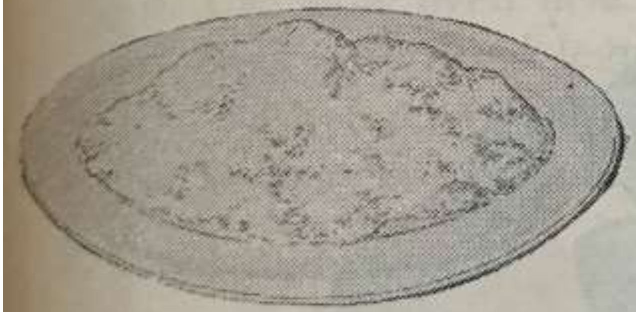
Pandan leaves

a. Cook legumes over low, even heat.

b. Dried beans, *kadyos*, mongos, and *garbanzos* should be washed and soaked in clean water overnight. Simmer them in the same water in which they were soaked and cooked until tender. Cook or saute beans with meat or fish and other vegetables. Or they may be cooked in syrup with *pandan* leaves and used as dessert.

7. On rice

For cooking, wash rice only once. If rice water is needed for another dish, a second washing may be made. The second washing is set aside. When the rice is newly harvested, the proportion of rice and water is one to one. Aged rice or *laon* needs more water. Use one and one half cups of water or more to every cup of rice. Keep the pot covered. Avoid stirring while cooking. When the water has been absorbed, lower the heat or reduce the fuel. Let the pot stay over low fire until the rice is cooked and dry. The taste of rice is improved by adding a few grains of salt as it cooks. Lining the bottom of the clay pot with banana leaves before putting in the rice also improves the flavor. In some homes, *pandan* leaves are placed on top of the rice while it is steaming to make the rice more appetizing.



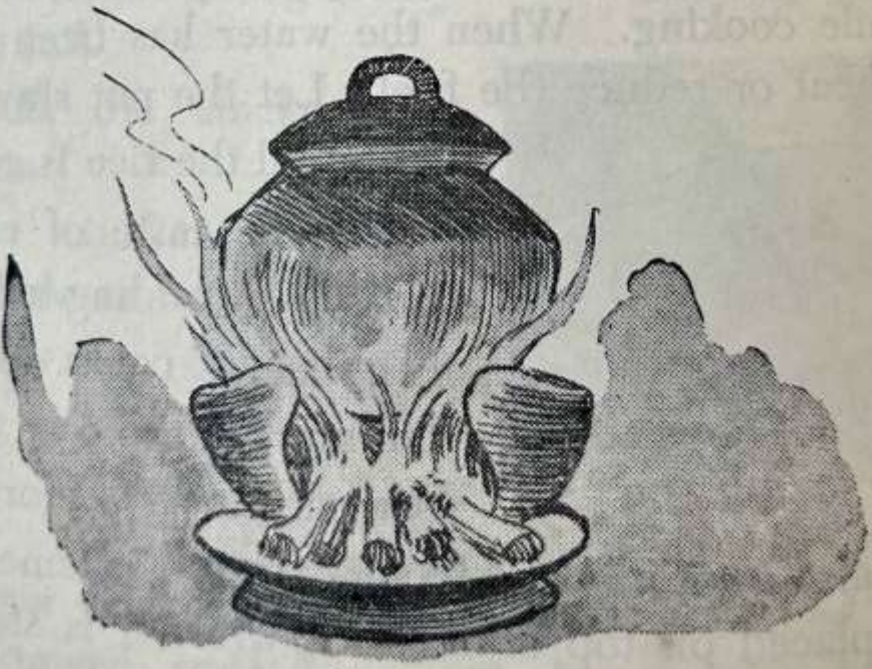
A plate of cooked rice

STEPS FOR PREPARING RICE:

Measuring

Sorting

Washing



Cooking

Class Activities

1. Things to do

a. Review – Match the words in the first column with those of the second column:

1) *sinigang*
2) *adobo*
3) pastel
4) *ginisang gulay*
5) *kari-kari*
6) soft-cooked egg
7) *ampaw*
8) *lechon*
9) hamburger
10) *butse*

a) simmering
b) sauteing
c) boiling
d) fricasseeing
e) popping
f) frying
g) roasting
h) pan broiling
i) stewing
j) braising

b. Cook *sitaw* with fish *inihaw*.

c. Prepare and cook enough rice for your family's supper. Let them evaluate your cooked rice. Report results in class.

2. Things to remember

a. Cook food properly to prevent waste of nutrients.
b. Use slow even heat for cooking tough cuts of meat.
c. Soak only dried legumes in water.
d. Wash food before cutting it up.
e. Searing keeps meat juices from escaping.

3. Word study

a. appetizing
b. bubbles
c. braising
d. measurement
e. process
f. edible
g. shredder
h. taste
i. waste
j. sputtering

VARY AND BALANCE YOUR DAILY MEALS

The varied and balanced 30-day menu in the following pages will help you prepare your daily meals. They include the ingredients needed and the method of preparation. The recipes are good for a family of six. You will find these sample menus helpful. Try to give children additional milk and fruit servings. As for adults doing manual work, increase their energy foods by one to two cups. To economize further, use enriched, unpolished, or brown rice. They are cheaper.

30-Day Menu for a Family of Six Persons

First Day

Breakfast

Ripe papaya
Champorado with milk
Toasted *dilis*
Salabat

Luncheon

Fish *paksiw*
Diced tomatoes, onions, *unsoy* and *patis*
Enriched or unpolished rice
Matamis na mani

Supper

Clams with malunggay
Rellenong talong
Enriched or unpolished rice
Bananas

Recipes

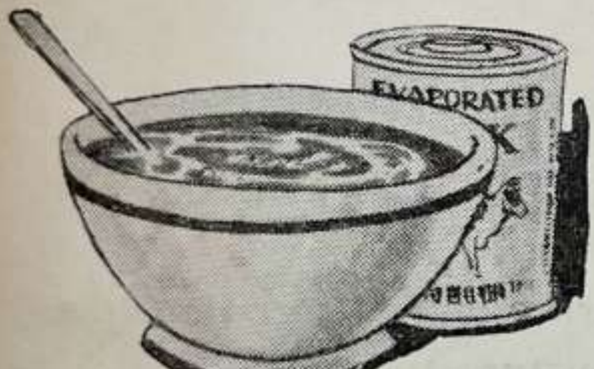
Champorado

2 cups enriched *malagkit*
6 cups water
1/4 cup cocoa, dissolved in cold water
1/2 cup brown sugar
1 small can evaporated milk

A serving of raw and cooked vegetables are parts of your everyday meals.

Wash and boil the *malagkit* in 6 cups water until soft.

Add the cocoa to the boiling rice.



Champorado

Add the sugar and cook for 5 minutes more, stirring continuously.

Serve with milk and toasted *dilis*.

Toasted dilis

Toast dried *dilis* in very hot pan until light brown and crisp. Serve with *champorado*.

Salabat

6 cups water
1-inch piece ginger, minced
1/2 cup brown sugar or *panutsa*

Boil water, ginger and sugar.

Serve hot

Fish paksiw (ayungin, bisugo, talilong, or biya)

10 to 12 small fish
1 amargoso, seeded and quartered
1/2 cup vinegar
1/2 cup water
1 teaspoon salt
3 cloves garlic, minced
2 whole peppers (hot)

Wash and clean the fish. Arrange in the bottom of the pot.

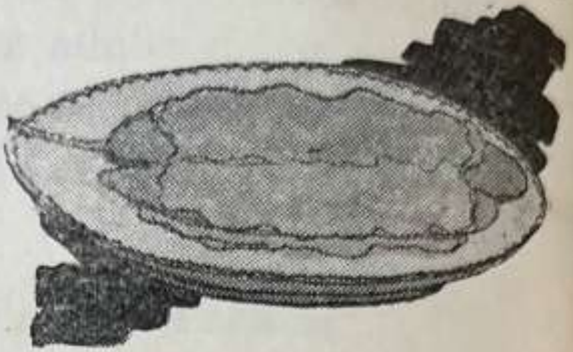
Put the *amargoso* on top of the fish.

Add the vinegar, water, salt, minced garlic and whole peppers.

Cover and cook until done.

Serve with a mixture of diced tomatoes, onions, unsoy, and *patis*.

Rellenong talong



Rellenong talong

6 eggplants
1 tablespoon salt
1/10 kilo ground pork
2 cloves garlic, minced
1 onion, sliced
2 medium-sized tomatoes, diced
1 duck's egg, beaten
salt to taste

Boil or broil the eggplants.
Peel and open, then press lightly with a fork.
Sprinkle with salt and set aside.
Saute the pork with the garlic, onion, and tomatoes.
Season with *patis*. Allow mixture to cool.
Add the beaten egg to the meat mixture.
Spoon mixture to fill each eggplant.
Fry in hot fat on a piece of banana leaf.
Serve with catsup.

Clams with malunggay

6 cups rice water
a piece of ginger, sliced thin
1 teaspoon salt
3 cups *tulya* (clams)
1 cup tender *malunggay* leaves

Boil the water, ginger and salt.

Wash and add the clams. Cook until clams open.

Just before removing from the fire, add the *malunggay* leaves, and season to taste. Serve hot.

Second Day

Breakfast

Sliced melon
Tinapa with tomatoes
Sinangag
Cocoa with milk

Luncheon

Fish *sinigang* with vegetables
Enriched or unpolished rice
Bukayo

Recipes

Sinangag

6 cups cooked, cold rice
Salt to taste
2 cloves garlic, minced
2 tablespoons lard

Sprinkle water and salt on the cold rice and mash with the fingers.

Heat lard in a *carajay* and saute the garlic until brown.

Add the mashed rice and stir until dry.

Tinapa

(See recipe in Unit Six)

This may be bought ready-made, in which case, it may be fried or broiled before serving.

Supper

Cardillo
Adobong kangkong
Enriched or brown rice
Chico

SUGAR
COA
AST
ORATED
LED MILK

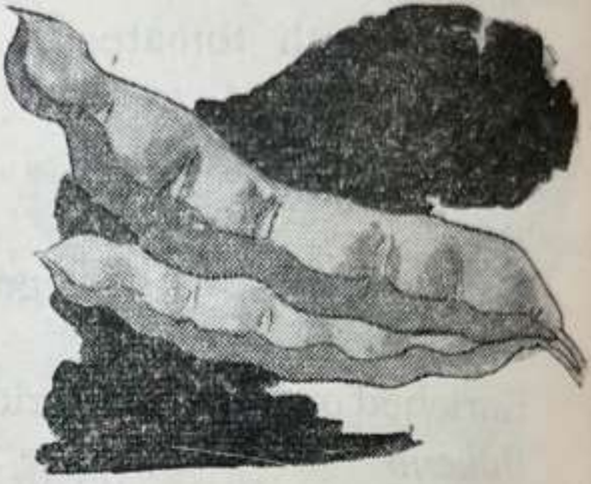
Cocoa with milk and sugar

Cocoa

5 cups water
1/4 cup cocoa, dissolved in cold water
1 cup evaporated or fresh milk
1/2 cup brown sugar
a pinch of salt

Boil the water and add the cocoa. Beat well.
Add the milk and brown sugar.
Cook 3 to 5 minutes more. Add a pinch of salt.
Serve hot.

Fish sinigang with vegetables



Tamarind fruit

1 medium-sized fish (milkfish, mudfish, or *tursilyo*)
6 cups rice water
6 to 8 pieces tamarind
1 tomato, quartered
1 onion, sliced
1 cup *kamote* or *kangkong* tops
salt and *patis*

Dress the fish and cut into serving pieces. Sprinkle the pieces with salt.

Boil the water with the tamarind, tomato, and onion.

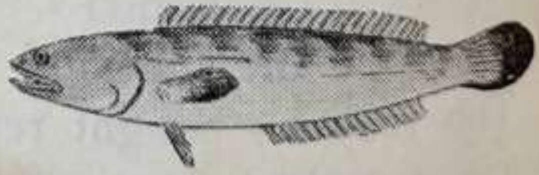
When the tamarind is tender, crush and press out the juice. Strain and return to the boiling water.

Add the vegetables and cook until almost done.

Add the fish and cook a few minutes more.

Season with salt and serve with *patis*.

Cardillo



Mudfish

1 or 2 medium-sized *dalag* or *biya*
1 tablespoon salt
2 tablespoons lard
2 cloves garlic, minced

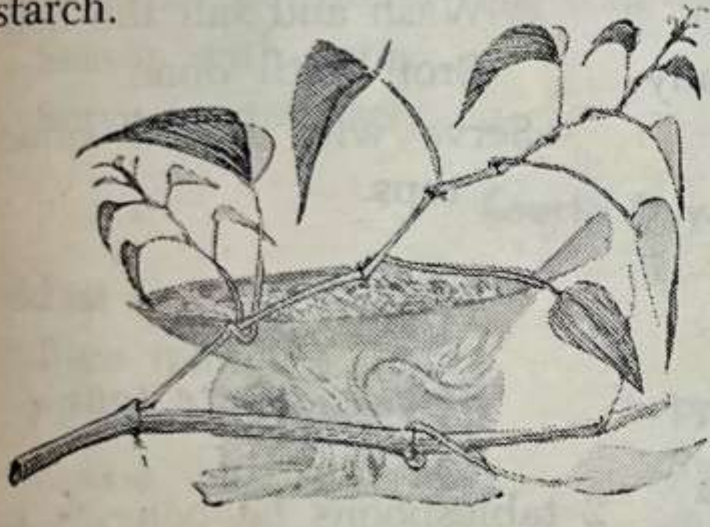
1 onion, chopped fine
2 tomatoes, chopped fine
3 cups rice water
1 egg, beaten
okra or green onions
1 tablespoon cornstarch dissolved in a little water

Wash and dress the fish. Cut into serving pieces, and sprinkle with salt. Fry in lard until brown.

Saute the garlic, onion, and tomatoes. Cook into a sauce. Add the rice water and boil.

Add the fried fish and green onions.

When done, add the beaten egg and thicken with cornstarch.



Kangkong

Adobong kangkong

2 bunches *kangkong* tops
2 cloves garlic, minced
1 tablespoon fat
1/2 cup vinegar
1 tablespoon *toyo*
1 teaspoon sugar

Wash, pick and cut the *kangkong* tops.

Saute the garlic until brown. Add the vinegar, *toyo*, and sugar. Boil.

Add *kangkong* tops and cook until done.

Third Day

Breakfast
- Banana
- *Puto*
- *Kesong puti*
- Coffee with milk

Luncheon
- Broiled fish
- Boiled *kamote* tops with *bagoong*
- Enriched or unpolished rice
- *Matamis sa bao*

Supper

Ginisang abitsuelas
Sitsaron
Enriched or unpolished rice
Rimas

Recipes

Puto
(See recipe in Unit Six)
This may be bought ready-made.

Kesong Puti
(See recipe in Unit Six)
This may be bought ready-made.

Broiled fish

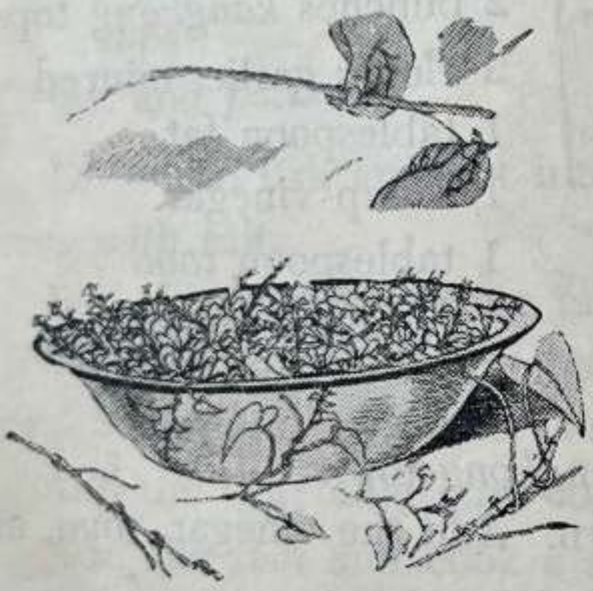
6 *asuhos* or average-sized *hito*
salt

Wash and salt the fish. Broil until done.

Serve with boiled *kamote* tops.

Boiled kamote tops

2 tablespoons *bagoong*
2 cups water
2 bunches *kamote* tops



Kamote tops

Mash the *bagoong* in water and boil.
Add the *kamote* tops and cook until done.
Add the broiled fish and serve.

Ginisang abitsuelas

3/10 kilo *abitsuelas*
1/10 kilo pork, cut into cubes

Patis
2 tablespoon fat
3 cloves garlic, minced
2 cakes *tokwa*, cut into strips
1/10 kilo shrimps, shelled and slit at the back

String the beans and cut into 1-inch lengths.

Saute the garlic until brown in pork fat.

Fry the *tokwa*.

Add the pork and then the shrimps; cook until done.

Add the shrimp juice and stir continuously until thick.

Add the *abitsuelas* and cook until done.

Season with *patis*.

Serve immediately.

Fourth Day

Breakfast

Ripe mango
Piniritong suman
Cocoa with milk

Luncheon

Picadillo
Enriched or unpolished rice
Fried *kamote* with sugar

Supper

Bulang-lang with broiled-fish
Enriched rice
Guyabano

Recipes

Piniritong suman

6 pieces *suman sa ibus*
3 tablespoons lard
3 tablespoons brown sugar

Unwrap the *suman*.

Fry in hot fat until brown.

Serve with sugar or *panutsa*.

Suman may also be served mashed in cocoa.

Picadillo

2/10 kilo ground beef
1 tablespoon lard
2 cloves garlic, minced
1 onion, sliced
1 tomato, diced
salt, pepper and vinegar
  to taste
6-inch *upo,* cut into small
  cubes
1 bunch *sili* leaves

A bowl of picadillo

Saute the ground beef in garlic, onion, and tomatoes. Season with salt, pepper, and vinegar and cook until done.

Boil 3 cups rice water and add to meat mixture.

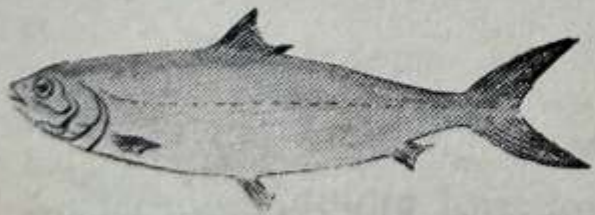
Add the *upo* and cook until done.

Before removing from the fire, add the *sili* leaves.

Serve hot.

Bulang-lang with broiled fish

2 small *bangus,* broiled whole
1 tablespoon lard
2 cloves garlic, minced
1 onion, sliced
1 tomato, diced
2 tablespoons *bagoong*
10 string beans, cut into 2-inch
  lengths



Bangus

2 eggplants, quartered lengthwise
a piece of squash, diced
1 *ampalaya*, seeded and quartered
1 cup *kangkong* tops

Dress and broil the fish with the scales on. Set aside.

Saute the garlic, onion, tomatoes, and *bagoong* in lard.

Add 1 cup rice water and boil.

Add all the vegetables with the amargoso on top.

Cover and cook without stirring until done.

Add the broiled fish and cook 2 minutes more.

Fifth Day

Breakfast

Naranjita or
Kalamansi ade
Oatmeal with milk
Pan de sal and cheese

Luncheon

Lutong Macao
Enriched rice
Pakwan

Supper

Bangus daing
Mustard salad
Sweetened *kamote*

Recipes

Oatmeal with milk

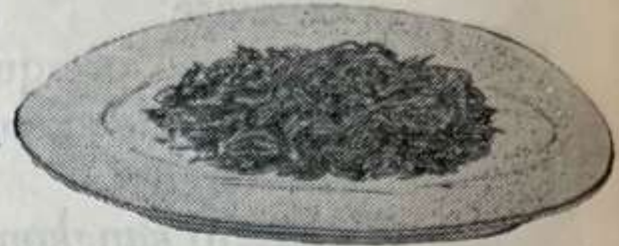
6 cups water
1 cup oatmeal
1 small can milk
1/2 cup brown sugar

Boil the water with a pinch of salt.

Wet the oatmeal and stir into the boiling water.

When done, add sugar and milk.

Lutong Macao



Lutong macao

- 1/10 kilo pork, cut into slices
- 1/10 kilo shrimps, shelled
- 2 tablespoon lard
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 cup shrimp juice
- 1 *patola*, diced
- 1/4 kilo cabbage, cut into squares
- 1 tablespoon *toyo*
- 1 tablespoon cornstarch dissolved in water

Saute the pork and shrimps in garlic and onion.

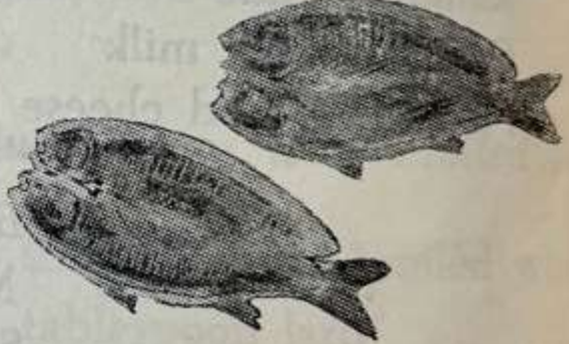
Add the shrimp juice and boil stirring continuously to prevent curdling.

Add the vegetables, cover, and cook until done.

Season with *toyo*.

Thicken with cornstarch.

Fried *daing na bangus*



Dried fish

- 1 average-sized *bangus*
- salt
- lard for frying

Wash and clean the fish.

Slit the whole length of the back, remove the entrails and wipe thoroughly.

Sprinkle with salt and dry in the sun.

Cut into serving pieces.

Fry in hot fat.

Daing should be prepared one day before serving.

A plate of mustard salad

Mustard salad

12 mustard leaves
2 tomatoes, diced
1 onion, sliced
vinegar, salt and sugar to taste

Wash and shred the mustard leaves.

Top with slices of tomatoes and onions.

Serve with French dressing made of vinegar, brown sugar and salt.

Sixth Day

Breakfast

Pineapple
Toasted *pinipig*
Cocoa with milk
Bread and butter

Luncheon

Tauchong bangus with *tokwa*
Enriched rice
Mongo with milk

Supper

Ginisang upo
Broiled *tuyo*
Enriched rice
Bukayo

Recipes

Toasted pinipig

2 cups *pinipig*
1 teaspoon lard

Grease and heat a *carajay*.

Toast and pop the *pinipig* until golden brown.

Serve with cocoa.

Tauchong bangus with *tokwa*

1 *bangus*, dressed and cut into serving pieces
2 cloves garlic, minced
3 tablespoon fat
a piece of ginger, cut into strips

1 onion, sliced
1 tomato diced
1 piece *taucho* cake, mashed with 2 tablespoons vinegar
2 *cakes tokwa, fried* and cut into cubes
green onions

Salt the pieces of fish and fry partly.

Saute the garlic and the ginger; add the onion and tomatoes. Cook to a sauce.

Add the *taucho* mixture and 2 cups rice water. Boil. Add the fish, *tokwa* and strips of green onions. Boil for a while more.

Boiled mongo

1 cup mongo
6 cups water
1/2 cup brown sugar
1/2 cup milk

Boil the mongo until tender. Add brown sugar and serve with milk.

Mongo beans enlarged

Ginisang upo

(Follow recipe for *ginisang abitsuelas,* using *upo* instead.)

Seventh Day (May be a Sunday)

Breakfast

Papaya
Biko
Hot tea with cream or *kalamansi*

Luncheon

Mixed vegetable *guisado*
Pesang dalag
Enriched rice
Saba in syrup

Supper

Torta
Atsara
Enriched rice
Kundol

Recipes

Biko (See recipe in Unit Six)

Mixed vegetable guisado

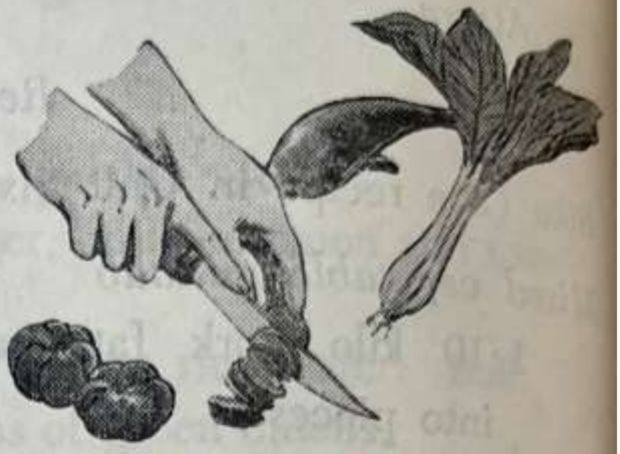
- 1/10 kilo pork fat, cut into pieces
- 3 cloves garlic, minced
- 1 cake *tokwa*, sliced and fried
- 1/10 kilo shrimps, shelled and slit at the back
- 3/4 cup shrimp juice
- 1 *sayote*, pared and sliced
- 1 small head cabbage shredded
- *kintsay* and green onions cut about 1 inch long
- 1/2 kilo *miki* (egg noodles)
- 1 cooked egg
- 3 *kalamansi*, halved
- *patis* and *vetsin* to season

Vegetables

Extract the fat from the pork.
Brown the garlic and then the *tokwa*.
Add the shrimps and *patis*.
Add the shrimp juice and boil, stirring well.
Add the vegetables, cover, and cook until done.
Stir in the *miki* and *vetsin*.
Transfer to a platter and garnish with slices of egg.
Serve with *patis* and *kalamansi* juice.

Pesang dalag

1 *dalag* (mudfish)
2 tablespoons salt
3 cups rice water
a piece of ginger, cut into strips
a few grains of peppercorn
1 onion, sliced
3 stalks *petsay*
2 to 3 green onions



Ingredients for pesa

Dress the fish (thoroughly) and cut into serving pieces. Sprinkle with salt.

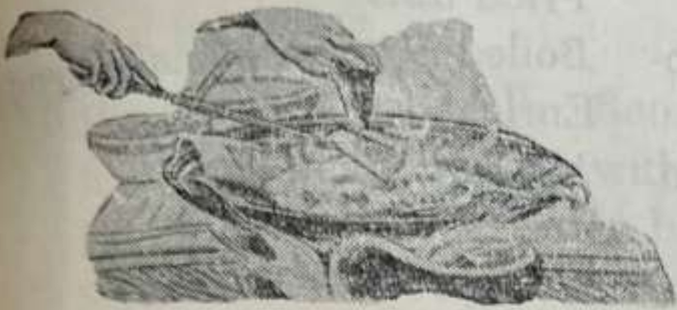
Boil 3 cups rice water with ginger, salt and peppercorns. Add the vegetables and when almost done, add the fish. Cook until done.

Serve with *miso* sauce

To make *miso* sauce:

Saute 2 cloves of minced garlic until brown. Add chopped onion and tomato and when almost done add *miso*. Season with *patis* and thin the sauce with a spoonful or two of fish stock. Serve with *pesa*.

Torta



Banana leaves prevent the food from sticking to the pan.

- 1 to 3 tablespoons lard
- 2 cloves garlic, minced
- 1 onion, sliced
- 2 tomatoes, diced
- 1/10 kilo ground beef
- 1/10 kilo ground pork
- 2 red, green peppers, cut into strips
- 2 duck's eggs

Saute the garlic until brown, then the onion and tomatoes.

Add the ground meat, stir a while, cover and cook until done.

Add the peppers and cook for a while more. Set aside to cool a little.

Beat the eggs and stir into the meat mixture.

Heat a little lard in a frying pan.

Line it with a piece of banana leaf.

Pour the meat-egg mixture on the leaf and spread it well and evenly.

When the bottom side is browned, lift the mixture from the pan with the help of the banana leaf.

Cover mixture with another piece of leaf and turn it over on the other side.

Slip it again into the hot fat to brown other side. Cut into serving pieces and serve with catsup.

Eighth Day

Breakfast

Banana

Suman sa lihiya with coconut and brown sugar

Salabat

Luncheon

Inihaw na bangus

Nilagang talong

Enriched rice

Peanut candy

Supper

Fried *dilis*

Boiled *upo* with *malunggay*

Enriched rice

Matamis na linga

Recipes

Suman sa lihiya

(See recipe in Unit Six.)

Eggplants

Inihaw na bangus

1 or 2 medium-sized *bangus*

salt to taste

Slit the fish at the back and remove the entrails.

Rinse well and sprinkle with salt.

Prepare live coals on a burner and broil the fish until done.

Nilagang talong

6 average-sized eggplants

enough water to cover

salt

Put the eggplants in a kettle with enough water to cover. Add a little salt.

Boil until the eggplants are done.

Serve with a mixture of vinegar, pounded garlic and salt. This relish goes well with broiled fish.

Fried *dilis*

2/10 kilo *dilis* (choose big-sized ones)
1/2 cup flour, mixed with a little salt
lard for frying

Wash *dilis* very well. Remove the heads and entrails.
Roll and dredge lightly with flour.
Fry in hot fat until golden brown.
Serve with fresh raw tomatoes.

Boiled *upo* with *malunggay*

3 cups rice water
salt and ginger to taste
6-inch slice *upo*, cut into big cubes
1 cup *malunggay* tops
1/2 teaspoon monosodium glutamate (*vetsin*)

Boil the water with a piece of ginger and salt.
Add the *upo* and *malunggay* tops.
When done, add *vetsin* and serve with *patis*.

Ninth Day

Breakfast

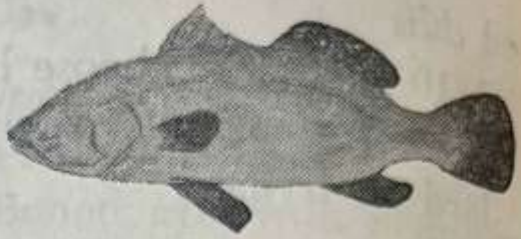
Avocado
Sinangag
Toasted *dilis* with tomatoes
Milk with coffee

Luncheon

Fish *sarciado* with *kangkong* tops
Enriched rice
Kalamansi-ade

Supper

Ginisang munggo
Enriched rice
Santan (*matamis sa bao*)



Apahap

Fish sarciado

- 6 *hasa-hasa* or one big *lapu-lapu*
- 3 tablespoons lard
- 2 cloves garlic, minced
- 1 chopped onion
- 2 tomatoes, chopped
- 1 tablespoon *toyo*
- 1 bunch *kangkong* tops

Wash and dress the fish.

Cut diagonally on each side and salt.

Fry lightly and set aside.

Saute the garlic, onion and tomatoes. Cook to a sauce with 1 or 2 cups rice water.

Add the fish and *kangkong* tops.

Cook until done.

Ginisang munggo

- 1/10 kilo pork fat
- 2 cloves garlic minced
- 1 onion, sliced
- 2 tomatoes, diced
- 1/10 kilo shrimps, shelled
- 2 cups shrimp juice
- 2 cups boiled *munggo*
- *amargoso* tops or *sili* leaves
- salt to taste

Extract the lard from pork fat.
Saute the garlic, onion, and tomatoes.
Add the shrimps and cook until done.
Add the shrimp juice.
Mash the *munggo* with the back of the spoon.
Add to the mixture.

Cook until done. Before removing from the pan add the amargoso or *sili* leaves.

Season to suit the taste.

Add the boiled *munggo*, pressing it well with the back of the cooking spoon.

Tenth Day

Breakfast

Morisqueta tostada
Cocoa with milk
Banana

Luncheon

Paksiw with vegetables
Enriched rice
Panotsita

Supper

Ginataang kalabasa
Daing na talilong
Enriched rice
Pomelo

Recipes

Morisqueta tostada

6 cups left-over rice
2 tablespoon lard
2 cloves garlic, minced
3 pieces of Chinese sausage or any left-over meat, cut into cubes
1/2 cup *hibi*, shrimps or any left-over fish, flaked
toyo and green onions
1 egg, beaten

Moisten and mash the rice.

Toss in a slightly greased pan until dry. Set aside.

Saute the garlic.

Add the pork and shrimps.

Season with *toyo* and cook until done.

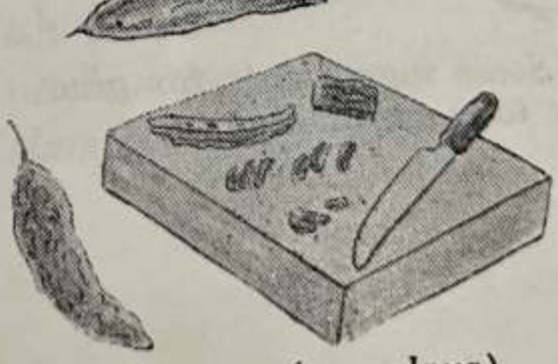
Stir beaten egg into the mixture. Cook slightly.

Add the toasted rice and mix thoroughly.

Transfer to a platter and garnish top with chopped green onions.

Paksiw with vegetables

1 average-sized *dalag*
6 to 8 *alagaw* tops
1 amargoso, seeded and quartered
2 eggplants, quartered
3 cloves garlic, bruised



Bitter melon (*ampalaya*)

a piece of yellow ginger
  bruised
2 tomatoes, quartered
a few grains of peppercorn
1/2 cup vinegar, diluted
  with 1/2 cup water
salt to taste
a piece of white ginger,
  bruised
1 onion, sliced thick

Clean, dress and cut fish into serving pieces.

Line first the bottom of the pot or kettle, with the *alagaw* tops.

Put the amargoso and eggplant pieces.

Arrange the pieces of fish on top of vegetables.

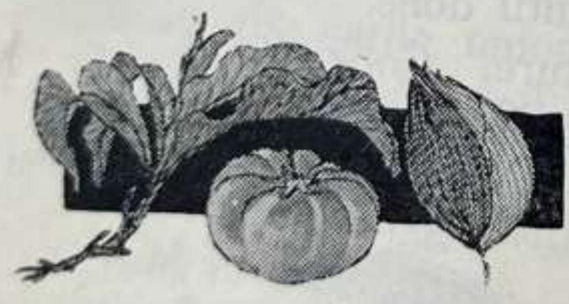
Top the mixture with garlic, ginger, and peppercorn.

Pour the vinegar-water over mixture.

Sprinkle salt to taste.

Cover and cook without stirring until done.

Ginataang kalabasa



Some ingredients for ginataang kalabasa

1 tablespoon lard
2 cloves garlic, minced
2 tablespoons *hibi* or 1 tablespoon *bagoong*
2 cups coconut milk
1/4 of an average-sized *kalabasa,* pared and cut into cubes
1 cup thick coconut milk
Salt and pepper to taste.

Saute the garlic and *hibi* until brown.

Add the thin coconut milk; boil.

Add the *kalabasa*, cover and cook until done.

Add the pure coconut milk and keep stirring until mixture thickens.

Season with salt and pepper.

Note: The first milk squeezed from the coconut is thick and pure. To get the thin milk, add 2 cups warm water to the grated meat and squeeze again. Strain.

Daing na talilong

6 pieces *daing na talilong*
vinegar or water
salt

Wipe the fish with a wet cloth.

Broil over live coals until done.

Soak in vinegar or water seasoned with salt.

Eleventh Day

Breakfast

Melon
Scrambled egg
Bread and margarine
Cocoa with milk

Luncheon

Pork *sinigang*
Enriched rice
Matamis na kundol

Supper

Fish *chopsuey*
Enriched rice
Kalamansi juice

Scrambled egg

2 tablespoons lard
2 cloves garlic, minced
2 onions, sliced
2 duck's eggs slightly beaten
salt and pepper to taste

Saute the garlic until brown.

Add the onion and cook until half done.

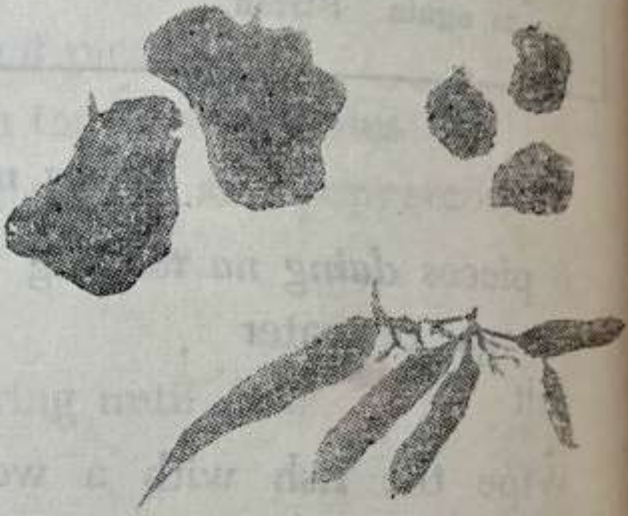
Add the egg, stirring them together well.

Season with salt and pepper.

Serve with catsup.

Pork sinigang

1/3 kilo pork
3 to 4 cups rice water
1 onion, sliced
2 tomatoes, diced
4 pieces tamarind fruit
3 pieces *gabi,* quartered
10 string beans cut into inch lengths
salt to taste.



Ingredients for sinigang

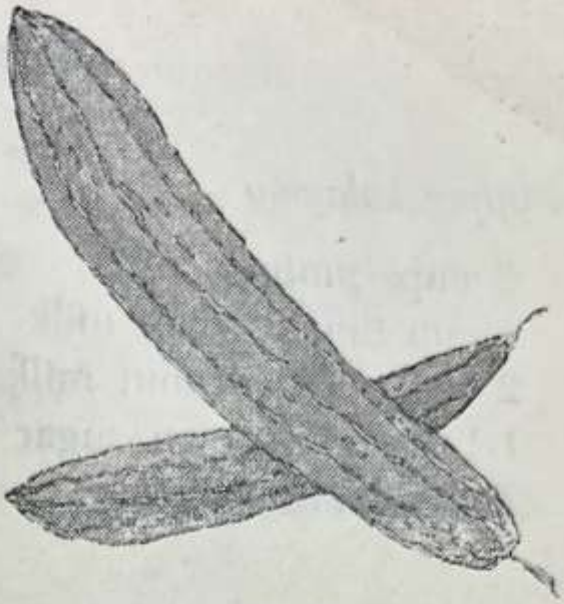
Clean and cut pork into serving pieces.

Boil the pork in rice water with the onion, tomato, and tamarind.

When the tamarind is done, remove to a bowl and crush out the juice. Strain and return to broth.

Lower the fire and cook slowly until meat is tender.
Add the *gabi* and string beans and cook until done.
Season to taste.

Fish chopsuey


Patola

1 big *dapa*, dressed and cut into serving pieces
3 tablespoons lard
2 cloves garlic, minced
1 onion, sliced
1 carrot, pared and sliced crosswise
1/10 kilo green beans, cut into inch-lengths
1/10 kilo cabbage, cut into inch-squares
green onions and *kintsay*, cut into inch-lengths
1 *sayote* or *patola*, sliced thick
1 tablespoon *toyo* to season
1 tablespoon cornstarch dissolved in little water

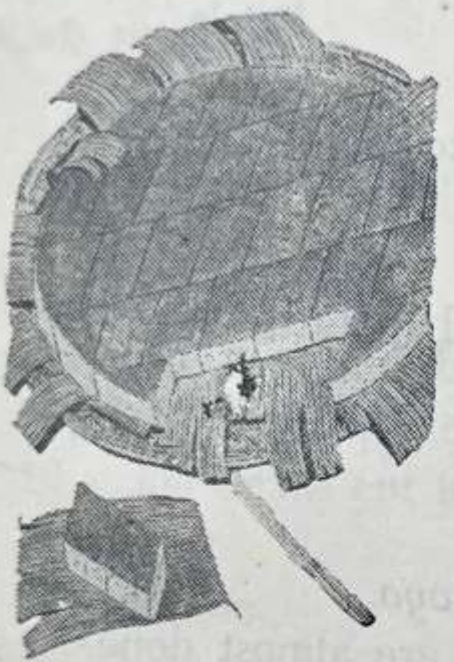
Salt and fry the fish until golden brown. Set aside.
Saute the garlic and onion.
Add boiling soup stock.
Add all the vegetables and the *toyo*.
Cover and cook until vegetables are almost done.
Add the fried fish and cook a while more.
Thicken the sauce with cornstarch.
Season to suit the taste. Serve immediately.

Twelfth Day

Breakfast	**Luncheon**	**Supper**
Kalamay pinipig	*Adobong pusit*	*Tinapang bangus*
Salabat	Enriched rice	Radish-tomato salad
Guyabano	*Bagoong alamang*	Enriched rice
	Guavas	*Pakaskas*

Pinipig kalamay

3 cups *pinipig*
1 cup thin coconut milk
2 cups rich coconut milk
1-1/2 cups brown sugar
Toasted *anis* seeds



Kalamay

Soak the *pinipig* in the thin coconut milk until soft.

Boil the rich coconut milk and sugar.

Add the *pinipig* and continue cooking, stirring every now and then to prevent scorching.

Cook over low heat for around 30 minutes.

Sprinkle top with anis.

Cover tightly and let *pinipig* set.

When done, transfer to a shallow pan lined with banana leaf sprayed with oil.

With another piece of oiled leaf, smoothen the top and press the *kalamay* to a thickness of less than one inch.

Cut into serving pieces. Serve with sweetened coconut toast.

Coconut toast

2 cups coconut residue (*sapal*)
1 cup brown sugar
Mix the coconut residue and sugar
Toss into a hot pan and cook until dry
Cook until light brown and crisp.

Adobong pusit

1/2 kilo fresh squid
3 cloves garlic, minced
1/2 cup vinegar
salt to taste
2 tablespoons lard

Wash the squid, lift the head and remove the mouth connecting with the stomach.

Mix one-half of the garlic, salt and vinegar with the squid.

Heat the lard and saute the rest of the garlic.

Add the squid mixture, cover and cook over low heat until done.

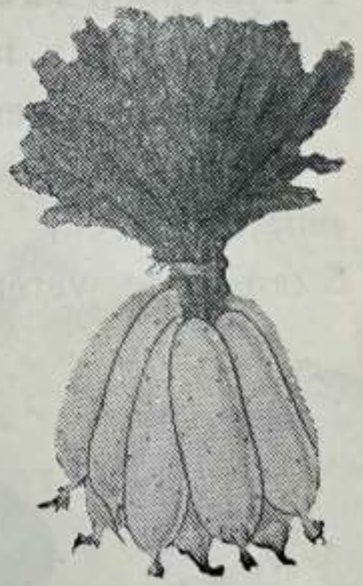
Let some of the liquid evaporate.

Tinapang bangus (Recipe is in Unit Six)

This may be bought ready-to-eat and may just be broiled or fried before serving.

Radish-tomato salad

3 to 4 radishes
2 tomatoes
1 onion
vinegar, salt, sugar



Radishes

Scrape and dice the radishes.

Mix with chopped tomatoes and onion.

Blend vinegar, sugar, and salt and pour over vegetable mixture.

Thirteenth Day

Breakfast

Chico
Pan de sal
Fried egg
Coffee with milk

Luncheon

Batsoy with *sili* leaves
Enriched rice
Panutsa

Supper

Sinigang na dalag
Bagoong with green mangoes
Enriched rice
Kundol

Recipes

Batsoy

1/2 kilo *lomo,* heart, kidney, and spleen of hog
1 tablespoon lard
2 cloves garlic, minced
a piece of ginger, cut in strips
patis to season
3 cups rice water
2 hog's brains
green onions, cut into inch lengths

Wash and cut pork entrails into small cubes.

Saute the garlic and ginger until brown.

Add the pork and *patis.*

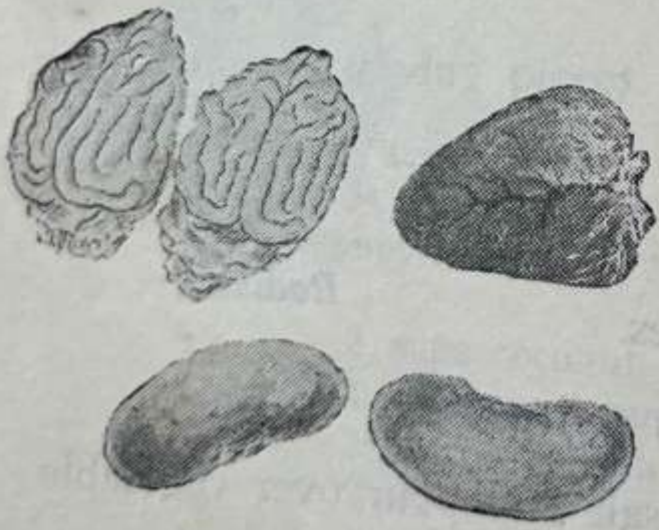
Cover and cook slowly until tender.

Add the rice water and bring to boil.

Cut the hog's brains, into pieces and add to the mixture. Cook until done.

Garnish with green onions or *sili leaves.*

Sayote, okra, or *pako* may be added if desired.



Glandular organs

Sinigang na dalag (Follow recipe for fish *sinigang* on second day.)

Bagoong with green mango

3 tablespoons *bagoong* (sold in the market, ready-to-serve)
1 onion, chopped
2 tomatoes, chopped
1 green mango, shredded

Mix all ingredients together and steam with the cooking rice. Serve with *sinigang na dalag.*

Fourteenth Day

Breakfast

Guyabano
Pan de sal with margarine
Processed cheese
Cocoa with milk

Luncheon

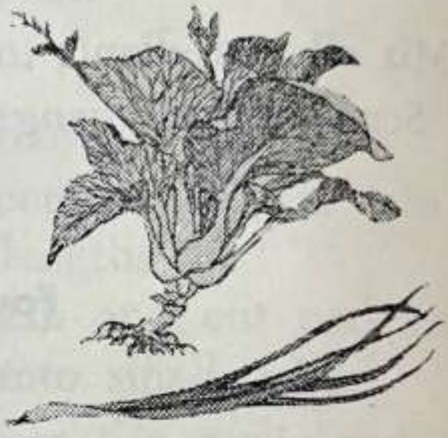
Putsero with *lauya*
Enriched rice
Sweetened garbanzos

Supper

Shrimp *halabos*
Green *kamyas* relish
Enriched rice
Fried *saba*

Breakfast food

Fresh shrimps



Petsay and young onions

Recipes

Putsero

1/4 kilo beef (plate or brisket)
1/4 kilo pork *liempo*
a piece of hambone
1 *choriso de Bilbao*
1 onion, sliced
a few grains of peppercorn
1 eggplant
2 stalks *petsay*
1 small head cabbage
2 *kamotes*
6 *saba,* bananas
1 clove garlic, minced
1 tablespoon vinegar
salt or *patis*

Boil the meat with the hambone in about 4 cups water. Add the *choriso,* onion, peppercorns, and salt. Lower the heat and cook slowly until meat is tender.

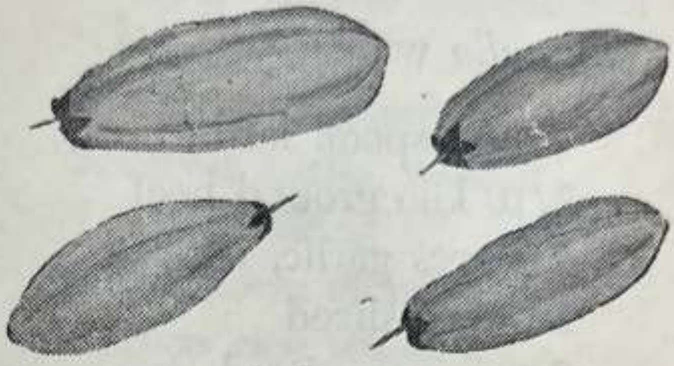
Wash and cut vegetables into serving pieces. Add these to the meat and cook until done. Serve with *lauya.* (A kind of relish)

Lauya

Pound the garlic and a little salt. Add the vinegar. Mash together one cooked *kamote*, one eggplant, and one *saba*. Season with the vinegar mixture. Serve with *putsero*.

Shrimp halabos with kamyas relish

1/2 kilo fresh shrimps
1 tablespoon salt
10 to 15 pieces green *kamyas*



Kamyas

Cook shrimps with salt. Do not add water.

Wash and chop the *kamyas* and mash with salt and a little water.

Serve with the shrimps as a relish.

Fifteenth Day

Breakfast

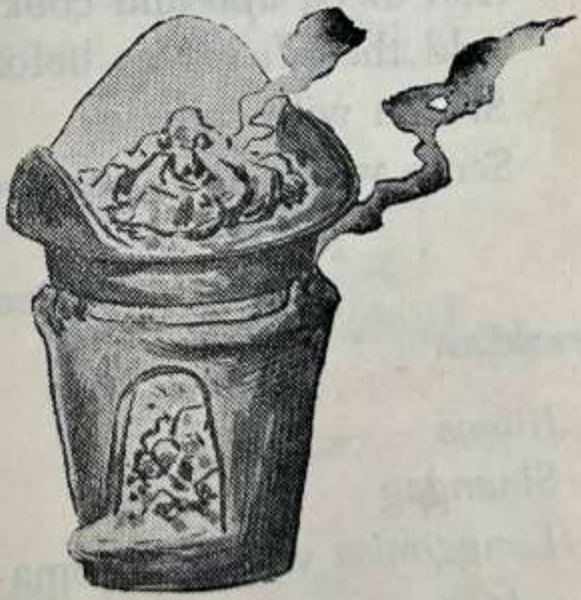
bibingka
Salted egg
Tea with *kalamansi*

Luncheon

Fish *torta*
Atsara
Enriched rice
Langka

Supper

Picadillo with *upo*
Enriched rice
Sugar-coated peanuts



Cooking bibingka

Bibingka (See recipe in Unit Six or buy ready-to-eat.)
Torta fish (See recipe for meat torta on 7th day. Use flesh of *labahita* or *dalagang bukid* instead of meat.)

Atsara (See recipe in Unit Six)

Picadillo with *upo*

1 tablespoon lard
2/10 kilo ground beef
2 cloves garlic, minced
1 onion, sliced
2 tomatoes, diced
pinch of pepper
1 tablespoon vinegar
3 cups water
6-inch piece *upo*
1 bunch *sili* leaves
salt
patis with *kalamansi* juice

Saute the beef with garlic, onion, and tomatoes. Add a pinch of pepper and a tablespoon of vinegar. Cook slowly until tender.

Add 3 cups rice water and boil.
Add diced *upo* and cook until done.
Add the *sili* leaves before removing from the fire.
Season with salt.
Serve with *patis* seasoned with *kalamansi* juice.

Sixteenth Day

Breakfast

Rimas
Sinangag
Langgonisa with raw tomatoes
Milk with coffee

Luncheon

Tinolang daing
Enriched rice
Matamis sa bao

Supper

Dinuguan
Enriched rice
Mango

Native sausage and tomatoes

Recipes

Langgonisa (See recipe in Unit Six or buy them ready-made.)

Tinolang daing

1 *daing tursilyo* (about 1/3 kilo)
2 tablespoons lard
2 cloves garlic, minced
1 onion sliced
2 tomatoes, diced
3 cups rice water
5-inch piece *upo*, diced into serving pieces
patis or salt

Cut the *daing* into serving pieces and soak in water for 10 minutes.

Saute the garlic, onion, and tomatoes. Cook to a sauce.

Add the pieces of fish, then the rice water.

Add the *upo* and cook until done. Season to taste.

Dinuguan

1/2 hog's head
2 tablespoons lard
2 cloves garlic, minced
1 onion, sliced
2 tomatoes, diced
a few sprigs of *oregano*
salt to taste
1/2 cup vinegar
2 cups pork blood
2 cups stock
3 hot peppers

Wash and boil the hog's head until tender.

Separate the meat from the bones and cut the meat into small cubes.

Strain the stock and set aside.

Saute in lard the garlic, onion, and tomatoes.

Add *oregano* and salt. Add the meat and vinegar.

Cut the solid parts of the blood into cubes.

Add the blood to the meat mixture, stirring continuously to prevent curdling.

Add the stock and cook until done.

Before removing from the fire, add the peppers.

Seventeenth Day

Breakfast

Tiyesa
Fried *dilis*
Suman sa ibus
Cocoa with milk

Luncheon

Kilawing puso
Fried *tokwa*
Enriched rice
Kamote dulce

Supper

Almondigas with *miswa*
Enriched rice
Rimas

Recipes

Suman sa ibus (See recipe in Unit Six or buy ready-to-eat.)

Kilawing puso and fried *tokwa*

- 2 cloves garlic, minced
- 1 onion, sliced
- 1/10 kilo pork fat, diced
- 1/10 kilo shrimps, shelled
- 1 big banana bud, shredded
- 2 tablespoon vinegar
- salt to taste
- 6 cakes *tokwa*

Saute the garlic and onion in pork fat.

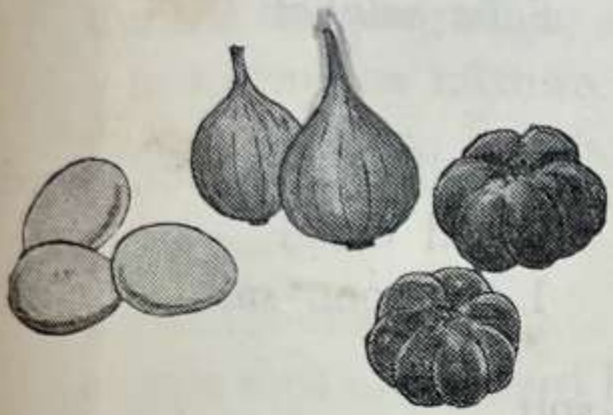
Add the shrimps and stir until done.

Add the shrimp juice, boil, stir continuously until thick.

Add the shredded banana bud, vinegar, and a pinch of pepper.

Cover and cook until done. Season with salt.

Fry the pieces of *tokwa* until brown. Cut into cubes and serve with *kilawin*.



Some ingredients for almondigas

Almondigas with *miswa*

- 2/10 kilo ground pork
- 1 tomato chopped
- 1 onion
- 1 egg, beaten
- 2 tablespoons flour
- 1 teaspoon monosodium glutamate (*vetsin*)
- 2 tablespoon lard
- 2 cloves garlic
- 3 cups rice water
- salt or *patis* to taste
- 2 *liyong miswa*
- 3 green onions, cut into inch-lengths

Combine the pork, onion, tomato, salt, vetsin, flour, and egg. Mix thoroughly together until sticky.

Form into balls.

Saute 2 cloves minced garlic and add the rice water and salt to season.

When the water boils, drop the meatballs slowly one by one.

Cook until meat is done.

Add *miswa* and garnish with chopped green onions.

Eighteenth Day

Breakfast

Kaimito
Shrimps, halabos
Rice gruel with diced *kamote*
Coffee with milk

Luncheon

Sotanghon guisado
Enriched rice
Lemonade

Supper

Paksiw sa gata
Enriched rice
Saba salabat

Recipes

Rice gruel with kamote

1 cup enriched rice
6 cups water
3 yellow *kamotes*, pared and diced
1 teaspoon salt

Wash and boil the rice until soft.

When almost done, add *kamote* and salt.

Boil and keep stirring until mixture thickens and the *kamote* is cooked.

Salted shrimps

1 cup fresh-water small shrimps
1 teaspoon salt

Wash the shrimps and drain.

Sprinkle with salt and cook until dry.

Sotanghon dish

2 tablespoons lard
3 cloves garlic, minced
1 onion, sliced

1/10 kilo pork, diced
1/10 kilo shrimps, shelled
2 cups shrimp juice
1/10 kilo *sotanghon,* soaked in water and cut into short pieces
a handful of *taingang daga,* soaked in water
12 stalks young garlic, cleaned and cut into inch-lengths
patis and monosodium glutamate for flavoring.

Saute the garlic and onions in lard.
Add the pork and shrimps and cook until done.
Add the shrimp juice, boil, then add the *sotanghon.*
Cut the *taingang daga;* add together with the green garlic to *sotanghon* mixture.
Cook until done. Season with *patis.*

Paksiw sa gata

3 average-sized *biya*
alagaw tops or mustard leaves
a piece of yellow ginger, crushed
2 cloves garlic, minced
2 hot peppers
1/2 cup vinegar
1 cup thick coconut milk
patis

Brother helping sister cook family meals

Clean the fish and cut into halves.
Line the pot with *alagaw* or *mustasa* leaves.
Arrange the fish on top of the leaves.
Add the ginger, garlic, hot peppers, and vinegar.
Cover and bring to boil.
Add the thick coconut milk and cook a while more.
Serve with *patis.*

Nineteenth Day

Breakfast

Makopa
Salted eggs
Majablanco
Salabat

Luncheon

Fish *fritada*
Enriched rice
Peanut brittle

Supper

Tortang talong
Inihaw na hito
Enriched rice
Tamarindo

Recipes

Maja blanco (See recipe in Unit Six)

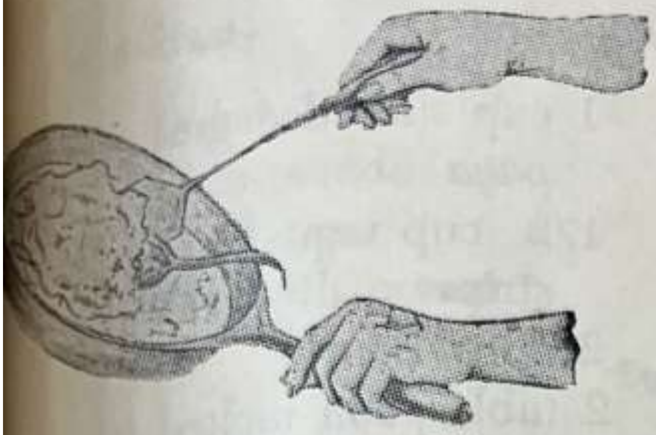
Fish fritada

- 2 to 3 *dalagang bukid* (fish)
- 2 tablespoons lard
- 2 cloves garlic, minced
- 1 onion, sliced
- 2 tomatoes, diced
- 2 potatoes, pared and quartered
- 2 red and green peppers, cut in strips
- 2 cups rice water
- 2 tablespoons *toyo*
- 1 tablespoon cornstarch, dissolved in water

Clean and cut fish into serving pieces.
Fry lightly and set aside.
Saute the garlic until brown.
Add onion, tomatoes, potatoes and peppers.
Boil the rice water and add to mixture.
Add the fish and cook until done.
Season to taste and thicken with cornstarch.

Tortang talong

6 eggplants, boiled, peeled, and sprinkled lightly with salt.
1 duck's egg, beaten with 1 tablespoon cornstarch to form batter
3 tablespoons lard
vinegar and crushed garlic and salt to taste.

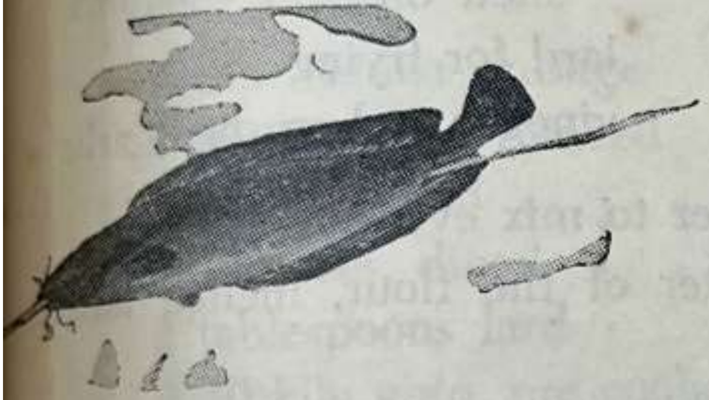


Tortang talong

Dip the eggplants one by one in the egg batter.
Fry until golden brown.
Serve with vinegar, crushed garlic and salt to taste.

Inihaw na hito

6 medium-sized *hito*
salt



Broiled hito or catfish

Clean the fish.
Make slits crosswise on each side and sprinkle with salt.
Truss lengthwise with sticks and broil over live coals until done.

Twentieth Day

Breakfast

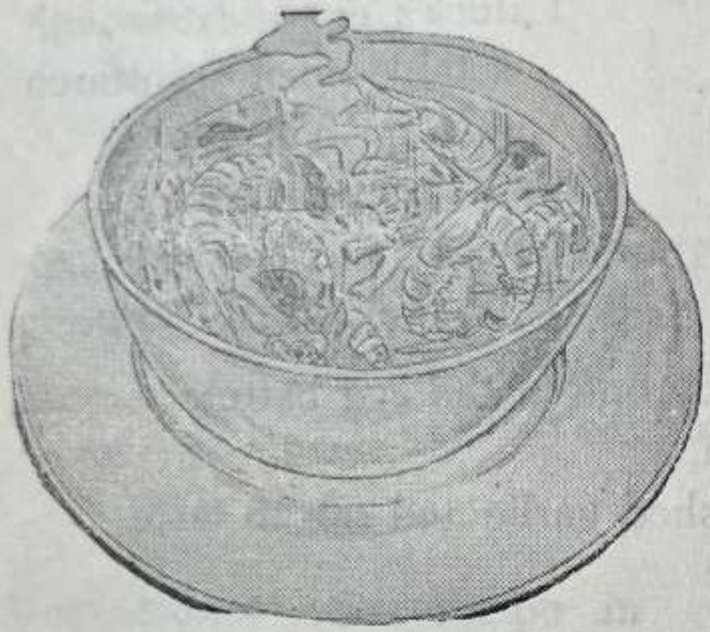
Atis
Fish *paksiw*
Sinangag
Cocoa with milk

Luncheon

Ukoy
Enriched rice
Boiled mongo

Supper

Sinigang na hipon
Enriched rice
Coco honey



A bowl of sinigang

Ukoy

- 1 cup shredded green papaya
- 1/2 cup squash cut in strips
- 2 cups flour
- 2 tablespoon melted fat
- 1 cup *atsuete* water
- salt and *vetsin* to taste
- 2 cakes *tokwa*, sliced
- 12 small shrimps, with shell on
- lard for frying
- vinegar and crushed garlic

Toss the vegetables together to mix evenly.

Make a slightly thick batter of the flour, melted lard, salt, *vetsin* and *atsuete* water.

Put a handful of the vegetable mixture on a saucer. Top with 2 shrimps and 2 pieces of *tokwa*.

Cover the mixture with 2 to 3 tablespoons batter for binding.

Slip into hot fat and fry until brown and crisp.

Serve with vinegar, crushed garlic, and salt.

Sinigang na hipon

This is another variety of fish *sinigang*. Use shrimps instead of fish and vary the vegetables to go with it. Recipe of *sinigang* on page 112.

Twenty-first Day

Breakfast

Duhat
Champorado
Fried *tapa*
Tea with cream

Luncheon

Pamplina
Enriched rice
Boiled *gabi* with coconut

Supper

Suwam na asuhos Enriched rice *Guyabano dulce*

Recipes

Fried tapa (The recipe is in Unit Six.)

Pamplina

1 can Vienna sausage
2 cloves garlic, minced
1 onion, sliced
2 tomatoes, diced
2 tablespoons lard
2/10 kilo *goto*, pre-cooked with a piece of hambone and diced
1 cup *garbanzos* cooked
1 *laurel* leaf
2 red, green peppers, in strips
2 tablespoons *toyo* and *vetsin*
1 tablespoon cornstarch, dissolved in a little water

Saute the garlic, onion, and tomatoes.

Add the *goto*, *garbanzos*, laurel, red and green peppers and cook until done.

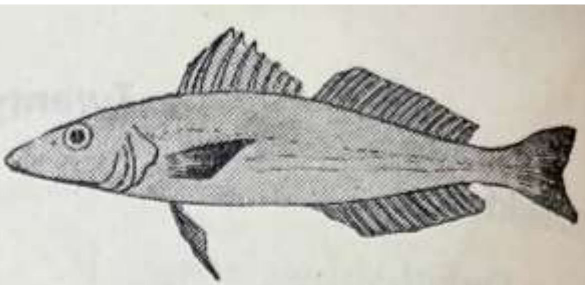
Add 2 cups boiling stock. (where *goto* and hambone were pre-cooked)

Season with *toyo* and *vetsin*.

Thicken the sauce with cornstarch.

Before removing from the fire, add the Vienna sausage sliced diagonally.

Suwam asuhos



Sand borer (asuhus)

6 big *asuhos* (or any similar fish)
a piece of ginger, cut in strips
2 cloves garlic, minced
1 tablespoon fat
5 cups rice water
1 roll *miswa*
1 cup *malunggay* leaves
1 tablespoon *patis*
1 teaspoon *vetsin* (monosodium glutamate)

Clean the fish and fry lightly.
Saute the ginger and garlic in fat until brown.
Add 5 cups rice water; boil.
Add the fish, *miswa* and *malunggay* leaves. Cook until done.
Season with *patis* and *vetsin*.
Serve hot.

Twenty-second Day

Breakfast

Boiled mongo with milk
Pan de sal and margarine
Orange or *kalamansi* juice

Luncheon

Pinakbet
Enriched rice
Ubi paste

Supper

Tinagan
Enriched rice
Panutsita

Recipes

Tinagan

3 cloves garlic, minced
1 onion, sliced
1 tomato, sliced
2 tablespoons lard
1 green *langka*, shredded
1/2 tablespoon juice of yellow ginger
1 cup thin coconut milk

1 average-sized fish, cut into serving pieces
1/4 cup vinegar
patis or salt
2 hot peppers
1 cup rich coconut milk

Saute the garlic, onion and tomatoes in lard.

Add the green *langka* and ginger juice. Cover and cook five minutes.

Add the thin coconut milk and boil a while more.

Add the fish, vinegar, salt and pepper. Cook until done.

Stir in the thick coconut milk and season with *patis* to taste.

Twenty-third Day

Breakfast

Ripe bananas
Langgonisa
Enseymada
Cocoa with milk

Luncheon

Sinigang sa bayabas
Enriched rice
Kasuy

Supper

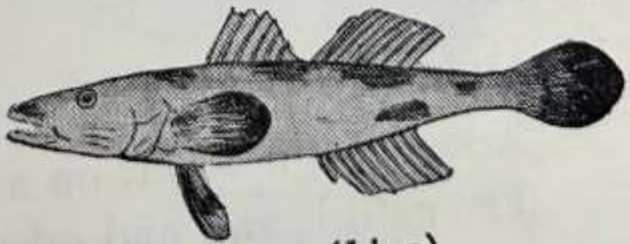
Maruyang dilis
Singkamas-cabbage salad
Enriched rice
Bukayo

Recipes

Langgonisa (See recipe in Unit Six)

Sinigang sa bayabas

5 ripe guavas, pared and sliced
4 cups rice water
3 eggplants, halved



Goby (biya)

1 to 2 average-sized *biya*, cut into serving pieces

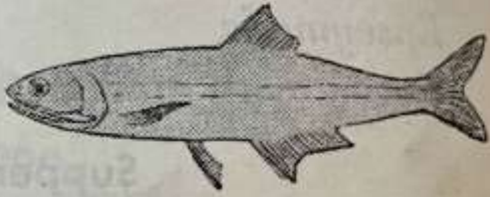
sili leaves

salt or *patis*

Boil the guavas in rice water.
When guavas are soft mash with a little salt.
Add a little water and pass through a sieve.
Return to rice water.
Add the eggplants and the fish. Cook until done.
Add the *sili* leaves and cook a while more.
Season to taste and serve.

Maruyang dilis

20 to 30 fresh *dilis*
2 cups flour
1 tablespoon lard
salt and *vetsin*
1 cup *atsuete* water
lard for frying



Anchovy (*dilis*)

Rub the fish with salt, using the back of a wooden spoon.
Remove the head and intestines.

Rinse well and sprinkle with salt.
Make a thin batter of the flour, lard, *vetsin, atsuete* water, and salt.

Mix batter and add *dilis*.
Arrange 4 to 5 *dilis* on a saucer and slip into hot fat.
Fry until brown and crisp.

Singkamas — Cabbage salad

Cabbage

1 turnip or *singkamas*
1/4 head of a cabbage
1 red pepper
1/2 cup vinegar
salt, 1 tablespoon
2 tablespoons sugar

Shred the turnip or *singkamas.*

Shred the cabbage and red pepper.

Toss the vegetables together.

Blend the vinegar, salt, and sugar. Pour over the vegetables and serve.

Twenty-fourth Day

Breakfast

Latundan
Puto maya
Salabat

Luncheon

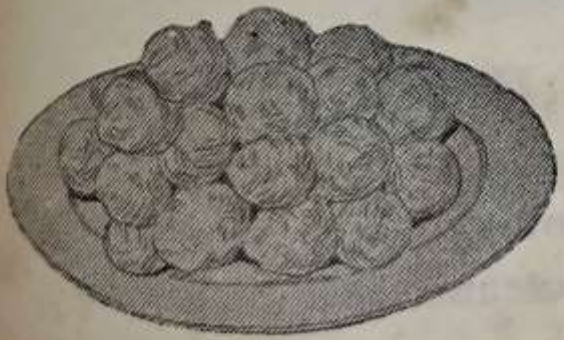
Tinapa with *amargoso* leaves
Inihaw na baboy
Enriched rice
Balimbing

Supper

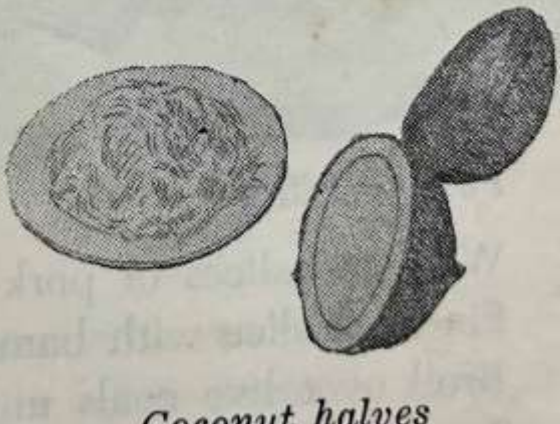
Lumpiang bangus
Enriched rice
Santol dulce

Recipes

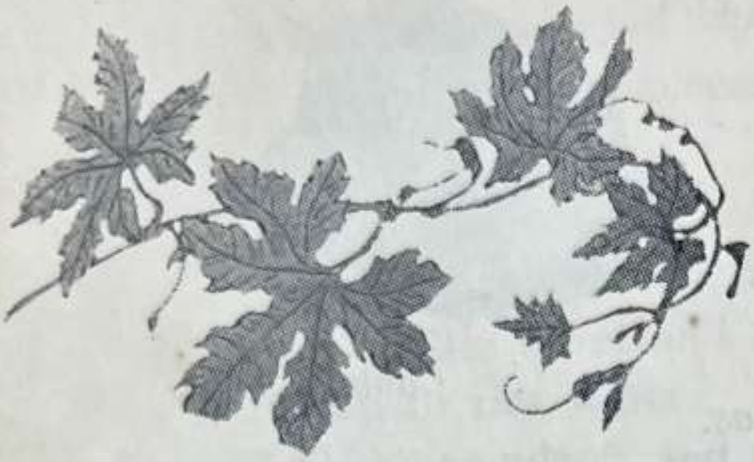
Putomaya (See recipe in Unit Six.)



Putomaya



Coconut halves and grated



Bitter melon leaves
(Amargoso *or ampalaya*)

Tinapa with amargoso leaves

6 pieces *tinapang tunsoy*
2 cloves garlic, minced
1 onion, sliced
2 tomatoes, diced
2 tablespoons lard
3 cups rice water
1 cup *amargoso* tops and
salt to taste

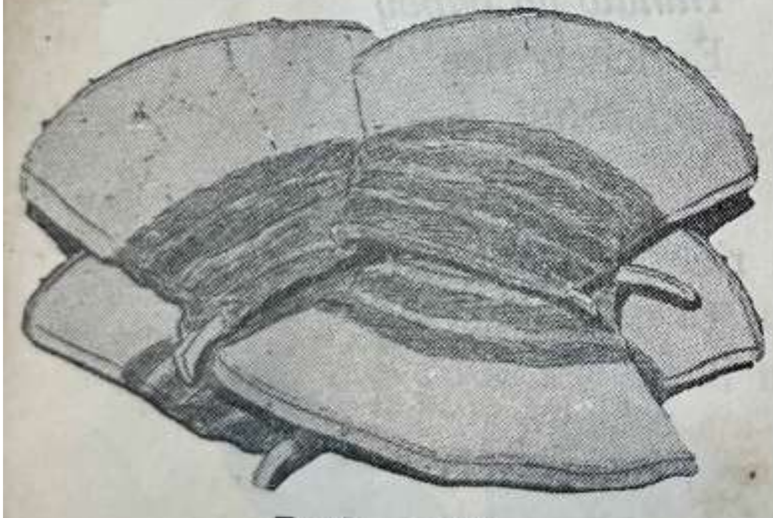
Wash *tinapa* and remove the scales and spines.

Saute the garlic, onion and tomatoes in lard.

Add the *tinapa*, stir a while.

Add the rice water and boil.

When done, add the *amargoso* leaves and cook for a while more. Season with salt.



Pork costillas

Inihaw na baboy

6 to 8 slices pork ribs (*costillas*)
1 tablespoon salt
4 tablespoons vinegar
3 cloves garlic pounded

Wipe the slices of pork and sprinkle with salt.

Pin each slice with bamboo spits.

Broil over live coals until brown.

Serve with vinegar and garlic sauce.

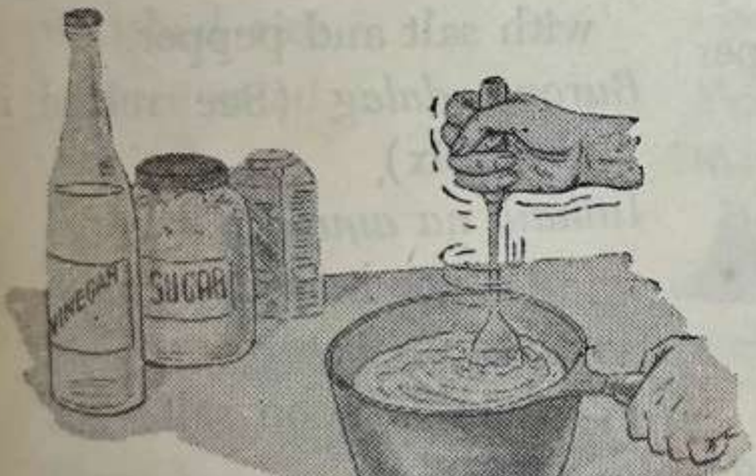
Lumpiang bangus

1 milkfish
2 cloves garlic, minced
1 onion, sliced
1 tomato, diced
2 sweet potatoes, diced
1 small box raisins
20 *lumpia* wrappers
lard for frying

Clean fish and steam over water with salt.
Flake the meat carefully picking out the spines.
Saute the garlic, onion, and tomatoes in lard.
Add the diced sweet potatoes and cook until tender.
Stir in the flaked fish and raisins.
Season with salt and pepper. Allow to cool a while.
Wrap by spoonfuls in *lumpia* wrappers.
Fry until brown. Serve with sweet-sour sauce.

Sweet-sour sauce

1 cup water
1/2 cup vinegar
3 tablespoons sugar
2 tablespoons salt
1 chopped hot pepper
2 tablespoons cornstarch
1 tablespoon *toyo*



Sweet-sour sauce

Boil the water, vinegar, salt, sugar, *toyo*, and pepper.
Stir in the cornstarch dissolved in a little water.
Cook until thick and transparent.

Breakfast

Rambutan
Boiled cassava and butter
Coffee with milk

Luncheon

Ginisang labong
Boiled crabs
Enriched rice
Sweetened *langka*

Supper

Burong dalag
Inihaw ayungin
Enriched rice
Mabolo

Recipes

Ginisang labong

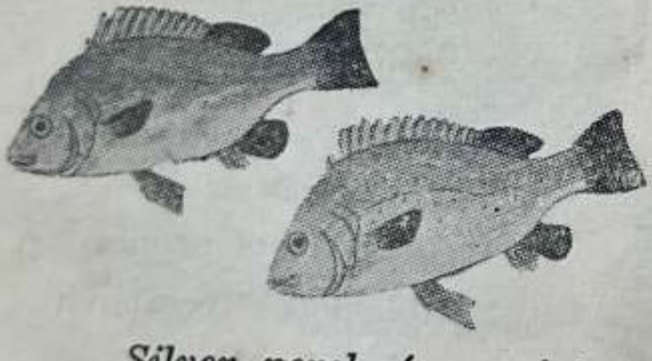
- 1/10 kilo pork fat, diced
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 tomato, diced
- 1/10 kilo shrimps, shelled
- 1 cup shrimp juice
- 1/2 kilo *labong*, washed and drained
- a pinch of ground pepper

Extract the fat from the pork.
Saute the garlic, onion, and tomatoes.
Add the shrimps and one cup shrimp juice.
Bring to a boil.
Stir in the *labong*.
Cook until done and season with salt and pepper.

Burong dalag (See recipe in Unit Six)

Inihaw na ayungin

- 12 good-sized *ayungin*
- 1 cup water
- 1 tablespoon salt
- *patis*



Silver perch (ayungin)

Clean the fish without removing the scales. Sprinkle with salt.

Broil over live coals.
Soak in salted water.
Serve with *patis*.

Breakfast

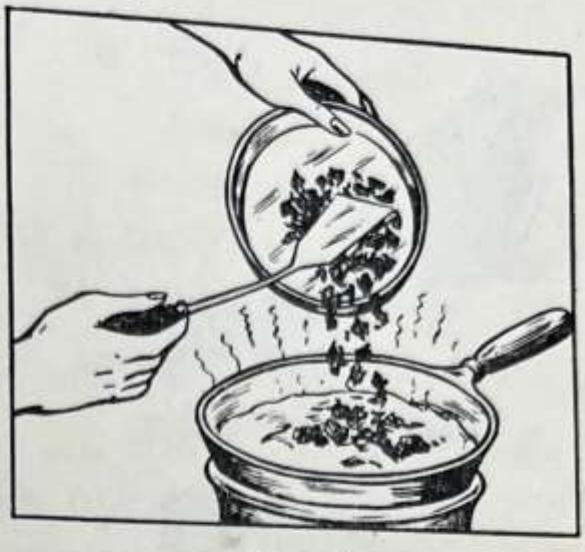
Cantaloupe
Spanish omelet
Sinangag
Cocoa with milk

Luncheon

Paksiw na *pata*
Sliced radishes
Enriched rice
Pastillas

Supper

Fried *bangus*
Enriched rice
Lettuce salad



Omelet

Recipes

Spanish omelet

2 onions, sliced
3 red, green sweet peppers
cut in strips
3 duck's eggs
lard for frying

Fry the onions and peppers. Divide into 3 portions.

Beat one egg at a time until creamy.

Heat a slightly greased pan and pour one beaten egg. Allow the egg to spread to the sides of the pan.

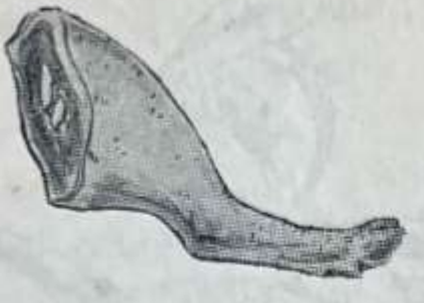
Place one portion of onion-pepper mixture in center of the egg.

Fold two opposite sides of the egg over the mixture and cook until golden brown.

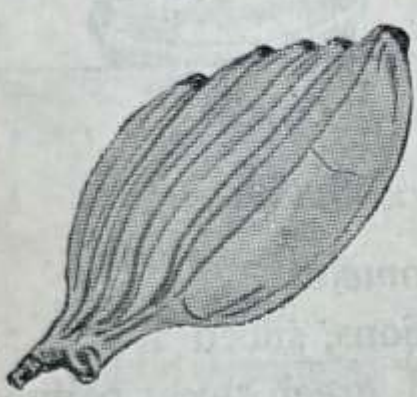
Repeat procedure to make 3 omelets.

Serve with catsup.

Paksiw na pata



Pork pata



Bananas (saba)

1 pork shank cut into serving pieces
1/2 cup vinegar diluted with
1/2 cup water
a few grains of peppercorn
3 cloves garlic, minced
a few twigs of *oregano*
3 tablespoons sugar
1 tablespoon *toyo*
2 ripe *saba* bananas, quartered

Put the pork shank and other ingredients except in a kettle *saba*.

Boil slowly until tender.

Add the *saba* and cook until done.

Serve with *patis*.

Fried bangus

1 average-sized *bangus*, cut into serving pieces
salt to season
lard for frying

Salt *bangus* pieces and sprinkle with flour.
Fry until golden brown.

Lettuce and tomato

Lettuce salad

- 10 fresh tender lettuce leaves
- 1 onion, sliced in rings
- 2 tomatoes, sliced thin
- 1 hard-cooked egg, sliced
- vinegar, salt, sugar, and pepper for dressing

Wash lettuce leaves carefully one by one. Drain.
Shred and arrange on a serving plate.
Garnish with slices of onion, tomatoes, and egg.
Blend sugar, vinegar, salt and pepper to suit the taste.
Pour over lettuce just before serving time.

Twenty-seventh Day

Breakfast

Papaya
Arroz con leche
Pan de sal with butter
Salabat

Luncheon

Sauteed *tokwa* with *kintsay*
Enriched rice
Pineapple

Supper

Beef stew with mongo
Enriched rice
Langka paste

Recipes

Arroz con leche

- 1 cup rice boiled in
- 6 cups water
- 1 cup sugar
- 1 can milk

Boil rice until tender.
Add sugar and milk.
Keep cooking and stirring until thick and smooth.

Sauteed tokwa with kintsay

1/10 kilo pork fat
2 cloves garlic, minced
1 onion, sliced
1/10 kilo shrimp shelled
1 big cake tokwa, sliced, fried, and diced
1/10 kilo *kintsay*, cut into one-inch-lengths

Saute the garlic in pork fat.
Add onion and shrimp to sauteed garlic.
Stir the mixture until it boils.
Add the fried *tokwa* and *kintsay*.
Season to taste and cook until done.

Sauteed tokwa *with kintsay*

Beef stew with mongo

4/10 kilo beef (plate or brisket)
1 onion, quartered
a few grains pepper corn
1 cup mongo
5 to 6 squash tops or
2-inch piece squash
a few stalks green onions

Patis and *kalamansi*

Boil beef whole with onion and pepper.

Lower the heat and cook slowly with the mongo until tender.

Clean the squash tops; cut into 2-inch lengths.
Add to meat-mongo mixture.
Season to suit the taste. Add green onions.
Serve with *patis* to which juice of one or two *calamansi* is added.

Twenty-eighth Day

Breakfast

Avocado
Stuffed bread
Coffee with milk

Luncheon

Fish *sarciado*
Enriched rice
Gulaman with *gata*

Supper

Adobong alimasag Enriched rice Squash *salabat*

Recipes

Stuffed bread

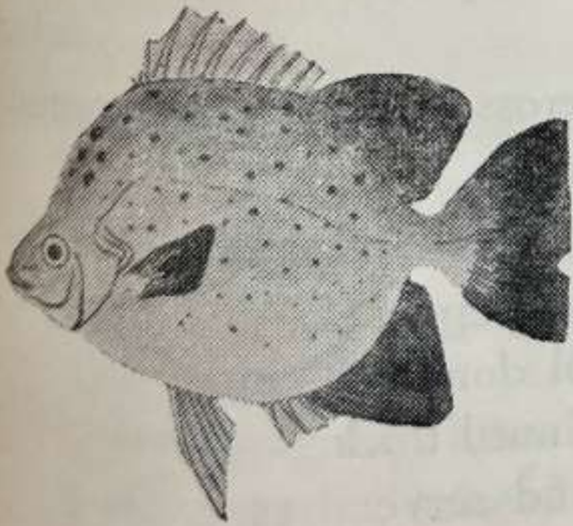
12 pieces *pan de sal*, halved
3 potatoes, boiled and mashed with
1/2 chopped onion and one tablespoon salt
1 egg, beaten
lard for frying

Stuff the open side of *pan de sal* with a spoonful of mashed potato mixture.

Dip stuffed side of bread in beaten egg.

Fry in a little hot fat on the stuffed side.

Serve hot.



Mullet (kitang)

Fish Sarciado

1 big *kitang*
3 cloves garlic, minced
1 onion, chopped
3 tomatoes, chopped
3 tablespoons lard
1-1/2 cups rice water
1 cup *malunggay* leaves

1 tablespoon cornstarch
mixed in a little water

Dress the fish and cut diagonally on each side.

Add a little salt and fry lightly. Set aside.

Saute the garlic, onion, and tomatoes in lard.

Add 1 1/2 cups rice water, season to taste. Cook to a sauce.

Add the fish and *malunggay* leaves.

Thicken with one tablespoon cornstarch.

Cook until done and serve.

Adobong alimasag

6 crabs regular-sized
2 cloves garlic
1 tablespoon lard
1/2 cup vinegar, diluted
with 1/2 cup water

A few stalks green onions, cut into 2-inch lengths
Salt and pepper

Wash the crabs thoroughly.

Cut the crabs into halves across the body and remove the fat. Mash the fat in a little water.

Saute the garlic in lard and add the vinegar.

Boil and season with salt and pepper.

Add the crabs and cook until done.

Stir in the crab fat and cook until thick.

Garnish with green onions and serve.

Twenty-ninth Day

Breakfast

Bread pudding
Coffee with milk
Fruit jelly

Luncheon

Laksa
Enriched rice
Peanuts

Supper

Kabute or *mamarang*
Inihaw na bangus
Enriched rice
Sweetened *kamyas*

Recipes

Bread pudding

Left-over bread or *machacao*
1 small can milk
3 eggs, beaten
1 cup brown sugar
1 teaspoon flavoring
margarine

Soak the bread in milk to soften.

Add the egg, sugar and flavoring. Mix well.

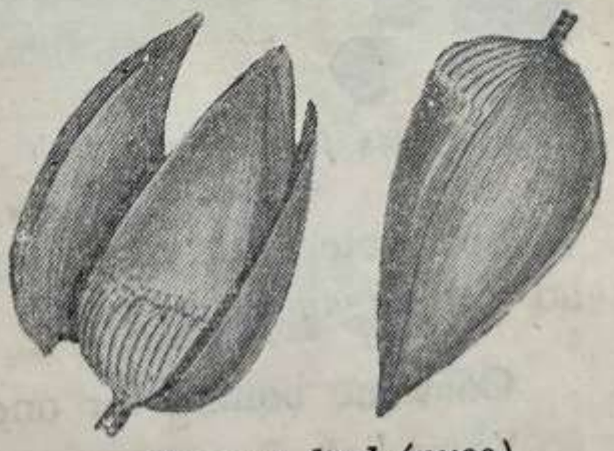
Grease a mold and fill two-thirds full of the mixture.

Serve while hot with margarine.

Cook by water bath until firm.

Laksa

6 string beans, cut into one-inch-lengths
1 small banana bud (*saba*)
2/10 kilo cabbage, sliced
1/2 cup dried *kabute* (*taingang daga*), soaked
2 cloves garlic, minced



Banana bud (puso)

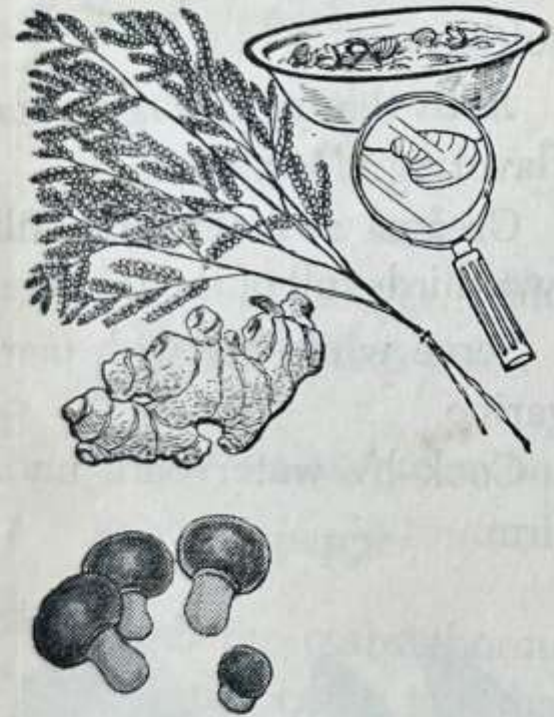
1/10 kilo shrimps, shelled
1 onion, sliced
2/10 kilo *miki*
patis

Saute the vegetables in garlic, onion and shrimps.
Cover and cook until done.
Boil the shrimp juice and stir into mixture.
Add *miki* and cook for a while more.
Season with *patis*.
(*Sotanghon* may be used instead of *miki* if desired.)

Kabute or mamarang

15 to 20 *kabute* or *mamarang*
1-1/4 cups water
salt or *patis*
1/2 inch ginger
malunggay or *sili* tops

Wash and clean *kabute*.
Cut into big segments.



Ingredients for kabute dish

Boil water, salt, and ginger. When boiling, add *kabute* and *malunggay* or *sili* tops.

Continue boiling for one or two minutes more.
Serve hot.

Thirtieth Day

Breakfast

Binatog with grated coconut
Margarine
Salabat

Luncheon

Rellenong bangus
Enriched rice
Buko with *pinipig*

Supper

Pork *fritada*
Sliced cucumber
Enriched rice
Guava jelly

Recipes

Binatog

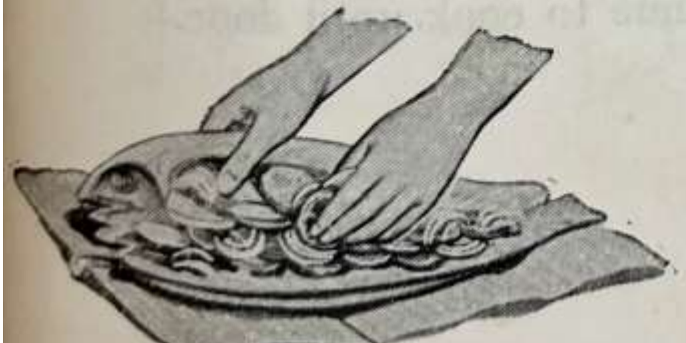
3 cups matured corn kernels
1 tablespoon lime
enough water for cooking
2 tablespoons margarine
grated coconut

Soak the corn overnight in water in which lime is dissolved.

Wash thoroughly and boil until corn swells.

Place in a *bistay* (native sieve).

Rub against the sieve to remove the skin.
Wash thoroughly and boil again until tender; drain.
Place on a platter and mix with margarine.
Serve with grated coconut and salt.



Stuffed milk fish (bangus)

Rellenong bangus

1 big *bangus*
1 tablespoon salt
1 onion, chopped fine
2 tomatoes, chopped fine
toyo and *kalamansi*

Wash fish, slit the back open and remove entrails. Rinse well and sprinkle with salt.

Stuff fish with chopped onion and tomatoes.

Wrap *bangus* in banana leaf.

Roast over live coals until done.

Stuffed *bangus* may also be fried with a piece of banana leaf lining the pan turning on each side to cook evenly until brown. Serve with *toyo* and *kalamansi* juice.

Pork fritada

3/10 kilo pork
2 cloves garlic minced
1 onion, sliced
2 tomatoes, diced
2 fresh peppers, red and green
2 tablespoons fat
1 tablespoon *toyo*
2 potatoes
1 cup water
1 tablespoon cornstarch

Wash and cut pork into serving pieces.

Saute garlic, onion, tomatoes, and sliced peppers.

Add pork and *toyo*. Cook slowly until tender.

Pare and quarter the potatoes.

Add to meat mixture.

Add 1 cup water and continue to cook until done.

Thicken with cornstarch.

Class Activities

1. Things to do

a. Select a day's menu for each of the members of your class.
b. Prepare the menu for your family at home.
c. Report the result in class.
d. Request your parents to comment on your work.

2. Things to remember

a. Varied and balanced diets can be prepared economically.
b. Expensive foods are not always the best.
c. Vegetables and fruits provide variety in your meals.
d. Variety does not only make your meals appetizing but also wholesome.
e. It is more economical to buy foods when they are in season.

3. Word study

a. cloves
b. slip
c. binding
d. spit
e. dredge
f. relish
g. flake
h. spines
i. transparent
j. scorching

SERVE ONE-DISH MEALS OFTEN

A one-dish meal is a combination dish. It has all the essentials needed for a meal. It saves time and effort in the preparation and is easy to serve.

When you plan a one-dish meal, include the kinds of food needed by the body in the right amounts. Here are some reminders or points to consider when planning a one-dish meal.

Color – A combination of green, yellow, orange, red, purple, white, and brown in your food will make your dish attractive.

Variety – Use vegetables in the form of leaves, stalks fruits, tubers, tops, bulbs, and flowers.

Balance – Check your Basic Six chart for the different groups from which food should be chosen to have a well-balanced meal.

Food value – This is the most important consideration to remember when serving meals. Consider each food for the nutrients it contains.

Here are some one-dish meal recipes you can prepare at home or in school.

Arroz a la Cubana

2 cloves garlic, minced
1 onion, sliced
2 tomatoes, diced
1/4 kilo ground beef
2 tablespoons lard
1/4 kilo ground pork
salt and pepper to taste
small box raisins

3 eggs, fried singly
6 cupfuls of rice, molded in cups
3 *saba*, halved lengthwise and fried

Saute the garlic, onion and tomatoes in lard.

Add the pork and beef. Stir well, season, cover and cook until done.

Add the raisins and cook a while more.

Pile mixture in the center of a big platter.

Top with fried eggs and bananas.

Surround with the molded rice. Sliced cucumber may be added if desired.

Serve hot. (Serves 6)

Arroz Caldo

3 cloves garlic, minced
2 tablespoons lard
1 medium-sized chicken, dressed and cut into serving pieces
1 onion, sliced
6 cups water
2 cups uncooked and enriched rice, washed
a piece of ginger, sliced
green onions, chopped
patis and *kalamansi*

Saute the garlic in lard; add the chicken, onion and *patis;* cook for a while.

Lower the fire and cook slowly until chicken is tender.

Add the water and bring to a boil; then add the rice and a piece of ginger; boil until done.

Continue cooking and stirring until mixture is smooth and the rice is soft.

Serve with chopped young onions and *patis* to which *kalamansi* juice has been added. (Serves 6 or more) Goto (tripe) may be used instead of chicken.

Pansit Canton

1/10 kilo pork, pre-cooked sliced
1 breast of chicken, boiled and flaked
1/10 kilo shrimps, shelled and slit at the back
1 slice ham, cut into strips
4 cloves garlic, minced
1 onion, sliced
2-1/2 cups chicken broth
1 carrot cut in narrow strips
1 *sayote*, diced
1/10 kilo cabbage, cut into 1-inch squares
a few stalks *kintsay*, cleaned and cut into 1-inch lengths
2 tablespoons cornstarch
1/4 cup *toyo*
1 package of Canton noodles (*miki*)
3 *kalamansi*
1 egg, whole

Fry the pork, chicken, shrimps, and ham separately in very little lard. Set aside.

Saute the garlic and onion. Add 1 cup chicken broth and boil.

Add the carrots and *sayote*; cook until almost done, then add the cabbage and *kintsay*.

Mix the cornstarch with a little water and add to the vegetable mixture.

Stir and cook until done. Set aside.

Beat the egg until creamy.

Heat a slightly greased pan and pour the beaten egg.

Spread eggs to the sides of the pan and cook until done.

Roll the egg and shred fine.

Boil the remaining chicken broth; season with *toyo* and *vetsin.*

Stir in Canton noodles and cook until evenly moist.

Transfer to a big platter.

Top with the fried pork, shrimp, chicken, and ham.

Pour over it the thickened vegetable mixture.

Garnish with green onions and shredded egg. Serve with *toyo* and *kalamansi* juice. (Serves 8 to 10)

Chicken with Sotanghon

1 medium-sized chicken,
  dressed and cut into pieces
3 cloves garlic, minced
1 onion, sliced
3 cups broth
1/4 kilo *sotanghon,* soaked in
  water and cut short
1/2 cup mushrooms, soaked
  and cut into pieces
1 small bunch *kintsay*

Boil chicken bones for broth. Strain.

Saute the garlic and onion.

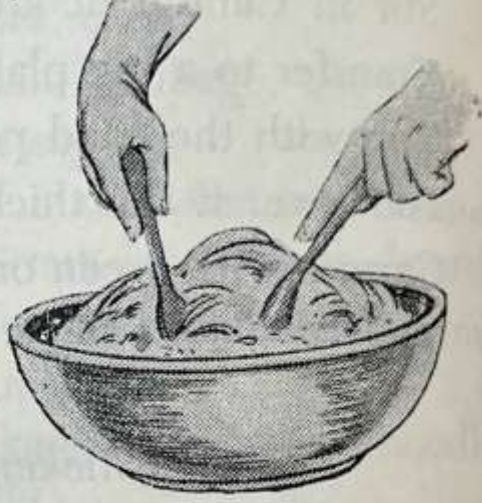
Add the chicken, broth, and *patis;* boil, then simmer until chicken is tender.

Add *sotanghon,* and mushrooms. Color with *atsuete.*

Cook until done.

Season with *patis* and garnish with chopped *kintsay.* Serve hot. (Serves 10 to 12)

Pansit Luglog



Pansit luglog

1/8 kilo shrimps, boiled and shelled
4 tablespoons cornstarch
2 tablespoons *atsuete* water
2 cakes *tokwa,* diced and fried
1 clove garlic, minced fine and sauteed until brown
1/10 kilo *pusit,* sauteed and sliced
1/2 cup, oysters, boiled and shelled
1/2 cup *tinapa,* flaked and chopped
1/2 cup *sitsaron* ground fine
1 small bundle *kintsay* or *unsoy,* cut into one inch-lengths
2 hard-cooked eggs, sliced
1/2 cup chopped green onions
1/2 kilo dry *bihon,* scalded and drained
Patis and *kalamansi* juice

Prepare the *palabok* by boiling 2 cups of shrimp juice, salt, and cornstarch to thicken. Add *atsuete* water.

Place scalded *bihon* on a big platter or on individual serving plates.

Sprinkle with enough *patis* to season.

Top the *bihon* with the thickened sauce (*palabok*).

Garnish with fried garlic, *tokwa*, shrimps, *pusit*, oysters, *tinapa*, *sitsaron*, *unsoy*, sliced egg, and chopped onions.

Serve with *kalamansi* juice. (Serves 10 to 12)

Pansit Guisado

3 cloves garlic, minced
1 onion, sliced
2 tablespoons lard
1/4 kilo pork, cut into strips
1/4 kilo shrimps, shelled and sliced
2 cups shrimp juice
1 carrot, cut into strips
1/4 kilo *bihon*
1/4 kilo *miki*
1/4 kilo cabbage, shred coarsely
Salt or *patis*, pepper and *kalamansi*

Saute the garlic and onion in lard.

Add the pork and shrimps. Cook until done.

Set aside half of the mixture.

To the other half, add the shrimp juice, *atsuete* water, *patis* and pepper.

Boil and add the carrot.

Then add the *bihon* and cook until almost done.

Add the *miki* and cabbage; mix well.

Transfer to a platter and garnish with the first half mixture of pork and shrimps.

Serve with *patis* and *kalamansi* juice. (Serves 6 to 8)

Bringhe

3 cloves garlic, minced
1 onion, sliced
1 small chicken, dressed and cut into pieces
1/10 kilo pork, cut into cubes
1/10 kilo shrimps, shelled and slit at the back
1 teaspoon *paprika* or *kasubha*
1 laurel leaf, torn to 2-3 pieces
4 cups coconut milk
3 cups *malagkit* (glutinous rice)
1 red pimiento, cut into strips
2 hard-cooked eggs, sliced

Ingredients for bringhe

Saute the garlic in lard. Add onion, chicken, pork, and shrimps cook until tender.

Add the seasonings, and the coconut milk. Boil.

Add the *malagkit* and stir well.

Cover and cook over medium heat until dry. Stir every now and then to prevent scorching.

Keep over low heat until rice is done.

Garnish with strips of *pimiento* and slices of egg.

Morisqueta Tostada

(See recipe for left-over rice)

Sandwiches (See recipe for recess lunch)

Activities

1. Things to talk about

a. Pick out a recipe for a one-dish meal. Talk about the value of the dish as a meal in itself.

b. If you are going on an outing, which one-dish meal will you prepare? Why?

c. Name other occasions suitable for serving one-dish meals.

2. Things to do

a. Prepare a one-dish meal and serve it to the class.

b. Divide your class into 4 or 5 groups.

c. Let each group prepare one recipe.

d. Take your share home.

e. Serve it to your family and tell the class about their comments.

3. Word study

a. essentials
b. molded
c. greased
d. garnish
e. flaked
f. balanced
g. variety
h. moistened

WHAT TO DO WITH YOUR LEFT-OVERS

Left-overs need not be wasted. Learn to serve them in another form by using flavorings and garnishings or seasonings and dressings. They should not just be warmed up for the next meal.

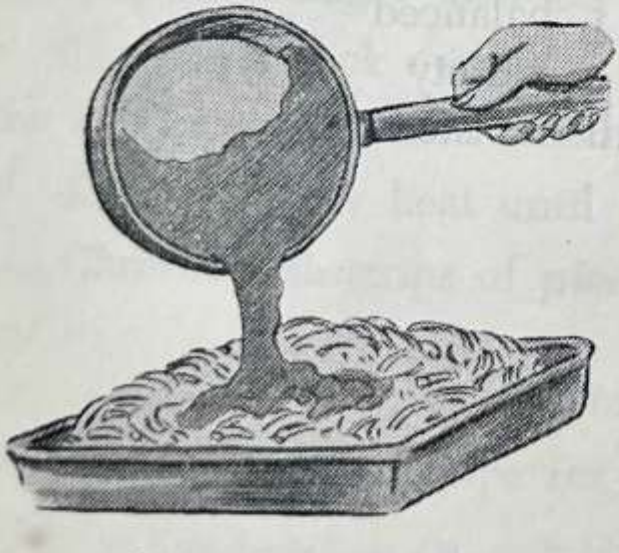
Eggs, leafy greens, sauces, and bread crumbs make the left-over not only appetizing but also nutritious. Some of the croquettes, omelets, soups, creamed dishes, and salads that you have tasted may have been made from left-overs. Two or more left-overs can form a new dish.

Here is what you can do with a left-over dish. Take a look at the left-over from your last meal. Be it fish, meat, raw vegetable, rice or bread, remove trimmings and sauces and drain. Heat a very small amount of lard in a frying pan and stir your left-over in it until dry. It is then ready for a new dish.

Left-over meats can be cooked in the following ways:

1. *Paksiw na litson*

Cut *litson* into pieces and place in a pot or kettle. Prepare a mixture of vinegar, water, sugar, salt, a few grains of pepper, corn, a few stems of *oregano*, crushed garlic, and the sauce of *litson*. Pour mixture over meat. Cook slowly until done. Serve hot with *patis* and with any fresh vegetable salad.



Meat with sauce

2. *Meat omelet*

Saute meat with garlic, onion, and tomatoes. Season with salt and *vetsin*. Fold mixture in beaten egg and brown both sides. Serve with catsup or sliced fresh tomatoes.

3. *Meat croquettes*

Saute meat with garlic and onion. Season with *patis*. Set aside. Boil some potatoes with their skin on. Peel and mash with a little milk until smooth. Form into balls with meat mixture inside. Roll in breadcrumbs and beaten eggs. Fry until brown. Serve on a bed of lettuce leaves and slices of cucumber.

4. *Meat salad*

Dice meat. Shred fresh lettuce or radishes. Garnish with the chopped meat, sliced tomatoes, and onions. Serve with French dressing. Meat salad will go well with any meal.

5. *Meat with garbanzos*

Flake meat. Saute garlic, onion and tomatoes. Add meat and boiled *garbanzos*. Cook until done and season to taste. Garnish with strips of fresh pepper and young onions.

6. *Meat lumpia*

Cook meat with diced potatoes. When almost done, add shredded cabbage and cook until done. Remove from the fire to cool awhile. Wrap two spoonfuls of mixture in *lumpia* wrapper and fry in hot fat. Serve with vinegar seasoned with crushed garlic and salt.

7. *Meat soup*

Flake the meat. Boil some meat bones for stock. Strain and add shell macaroni. Cook until tender. Add meat, *patis* and monosodium glutamate (*vitsin.*) Serve with chopped egg and green onions.

8. *Meat balls*

Flake the meat. Make a thick batter by mixing together 1 cup flour, 1 tablespoon fat, 1/2 cup *atsuete* water, 1 teaspoon *vetsin* and a pinch of salt. Stir meat into batter and fry by spoonfuls in hot fat. Cut into pieces and add to *miswa* or noodle soup.

Left-over Fish

The meat dishes above will also do for left-over fish, using fish instead of meat.

Left-over rice may be used in the following manner:

1. *As rice extender*

Rice left sticking at the sides and bottom of a pot or kettle, may be mixed with uncooked rice during the washing and boiled together with it.

2. *As rice snacks*

This same left-over rice may also be soaked in water to loosen it from the kettle. Then it may be boiled until soft and thick. Sugar and milk may be added to it and served for *merienda* or as a snack.

3. *As sinangag*

Rice left after supper may be toasted for breakfast. Sprinkle the rice with a little water and mash with the fingers. Saute 2 to 3 cloves minced garlic until brown. Add the mashed rice and stir until dry. Season with a little salt. Serve with fish or meat.

4. *As morisqueta tostada*

Saute garlic and onion. Add slices of Chinese sausage and a little *toyo.* Cook for a while and add toasted left-over rice. Garnish with slices of tomatoes and hard-cooked egg.

Serve with chocolate or cocoa.

5. *As ampaw (puffed rice)*

Mash left-over rice and spread on a tin sheet or on a *bilao.* Place under the sun for two or three days, stirring or shaking every now and then until rice is dry and hard. Grease a very hot pan and stir in the dried rice to pop thoroughly. Set aside. Prepare a thick syrup and stir in the popped rice. Stir well until rice is well-coated with syrup and dry. Form into balls or squares.

The following dishes may be made from left-over bread:

1. *As toast*

Toast left-over bread. Pat with butter and sprinkle with sugar. Serve hot. Good for a very light snack.

2. *As croutons*

Cut bread into cubes. Melt 1 to 2 tablespoons margarine and stir in diced bread. Toast until brown. Add to soups.

3. *As thickening agent*

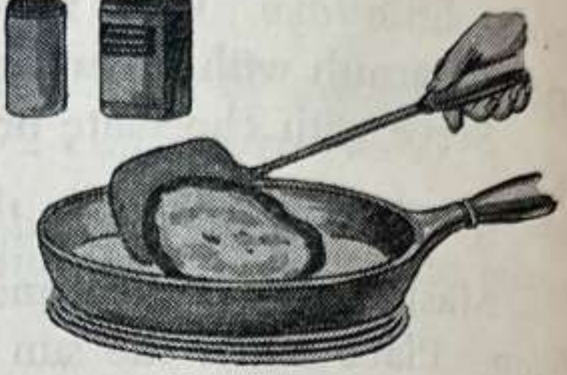
Toast left-over bread until dry. Grind or pound into fine powder and set aside in clean glass jars. Use as breadcrumbs for sprinkling fish or meat before frying, or for thickening soup or gravy.

4. *As snacks or merienda*

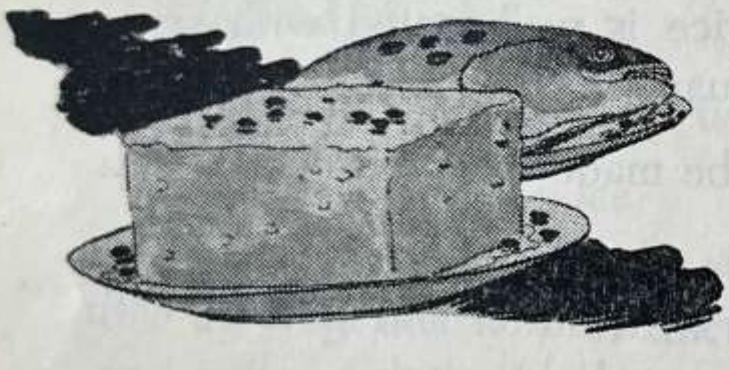
Cut bread (*pan de sal*) into halves. Prepare mashed potatoes with 1 tablespoon chopped onion and salt to taste. Stuff open side of bread with the mashed potato. Dip this side in beaten egg and fry in a little fat.

5. *As French toast*

Slice bread thin. Beat an egg with a tablespoon of milk and a pinch of salt. Dip in bread slices and fry in hot fat. Serve with sugar or syrup.



French toast



Pudding

6. *As pudding*

Soak bread in milk until soft. Add sugar, beaten egg, and a drop of lemon or lime extract. Add raisins and mix well. Pack in a greased mold and cook by "water bath" until firm. Cool. Unmold and serve with syrup.

7. *A variation of pudding*

Toast bread. Soak in coconut milk. Add grated young coconut (*buko*), egg and sugar. Pour mixture into a pan and bake until done. Brush with butter and grated cheese.

Class Activities

1. Things to remember

a. Using left-overs as new dishes is one way of saving money.

b. A little effort can make left-overs into appetizing new dishes.

c. Seasonings and garnishings can make left-overs taste better.

d. When you serve left-overs, consider also their food value.

2. Things to do

a. Make a list of the left-overs you had at home yesterday.

b. Make a new dish with it and bring it to school.

c. Tell the class how you made the dish.

3. Word study

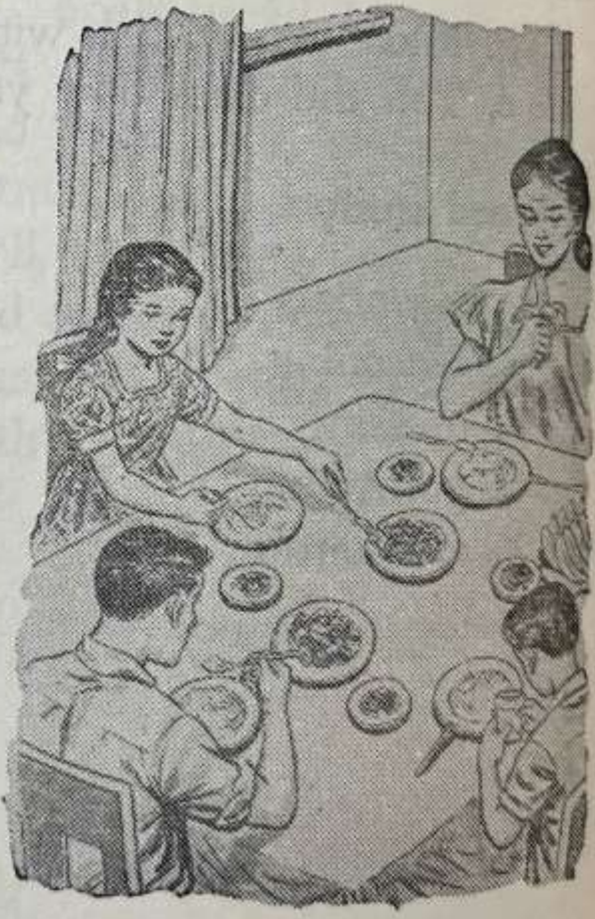
a. essentials
b. seasoning
c. dressing
d. garnishing
e. croquettes
f. omelets
g. trimmings
h. extender
i. grease
j. mold

TABLE SETTING FOR YOUR FAMILY MEAL

Mealtime is the best time for all the members of your family to be together. The setting of the meal should be orderly and inviting, to make mealtime pleasant for the family. Every one should feel at ease.

The dining table whatever its make, height, or style must be clean and dry. It should have tableware set on clean linen to make it attractive. The courses, in attractive containers, may be set on placemats or doilies which may be cut out of any colored paper or plastic cloth with colorful designs. The plates, spoons, knives, and forks should be correctly arranged.

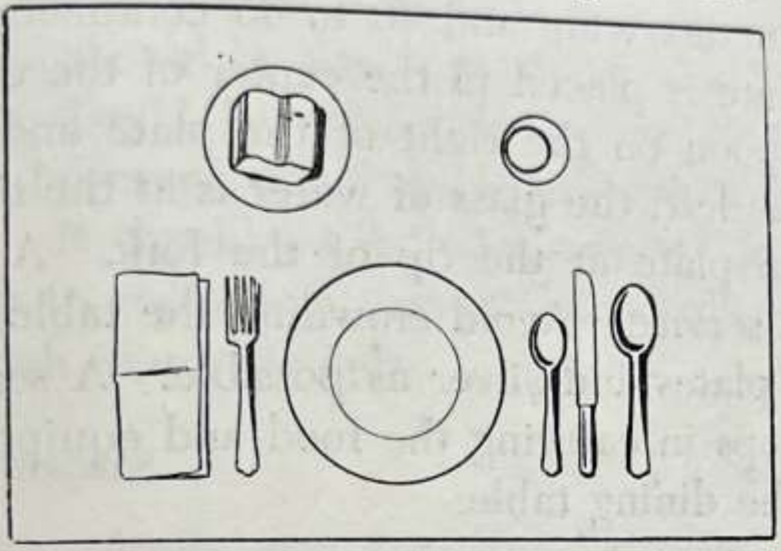
The place for serving meals is the dining room, if there is one in the house. It should be well-lighted and ventilated. If possible, it should be painted with a cool color and it must be easy to clean. It should be close to the kitchen, too. In some homes, the dining room and the kitchen are together. This arrangement is convenient. It helps save steps when setting the table and serving.



A family at mealtime

All the members of the family should be able to sit together at the dining table. The chairs or stools should be of the correct height to make seating and eating comfortable. The chairs should be placed around the table, each in front of a cover. The edge of the seat should be in line with the edge of the table.

There are different types of dining tables.



A cover

There is the low dining table called *dinulang*. With this table the family sits around on the floor. The ordinary tables require the use of chairs. Some of these tables have a hardwood finish. Others have glass tops. These should be protected from heat and scratches. Placemats or doilies serve to protect the glass tops and hardwood finish. Another type of table is that of soft wood. This type should be scrubbed clean after each use.

A centerpiece of fresh flowers and leaves or a low bowl with a potted plant, or a shallow basket of fresh fruits may be placed on the table. This should be low enough to allow conversation across the table. A convoy set containing salt, vinegar, *patis*, and pepper will be handy at the table. (A toothpick container has no place on the dining table. Picking the teeth should be done in private.)

The members of the family should have individual cover settings.

Cover settings should be arranged at even spaces from each other to allow elbow room. A cover consists of the plates and silverware for one person at the table. Each cover should be one inch from the edge of the table and about 50 to 55 centimeters wide and 40 to 45 centimeters deep. The luncheon plate is placed in the center of the cover, with the knife and spoon on the right of the plate and the fork and napkin at the left; the glass of water is at the tip of the knife and the rice plate at the tip of the fork. A set of covers completes a service. Avoid crowding the table unnecessarily. Use as few plates and silver as possible. A service tray will help save steps in carrying the food and equipment from the kitchen to the dining table.

Young homemakers setting a table

Selecting chinaware

In choosing chinaware, you should be guided by its durability and utility. Good quality china does not break or chip easily. The dinner or luncheon plate which holds the food you eat at the table should be of a convenient size. The soup plate should be deep enough to hold the soup, and the rice plate should be used only for rice or bread. The cup holds the beverage or hot drink and should have a handle easy to hold. It should be set on a saucer. Buy chinaware which is easy to replace in case of loss or breakage. Select light colors with simple designs.

Selecting silverware

Silverware pieces are used for bringing food to the mouth, for cutting food at the table, and for stirring liquids. Spoons, forks, knives, and teaspoons belong to this group. The spoon is used to bring liquid and semi-liquid food to the mouth; the fork is for carrying solids; the knife is for cutting big pieces of food, and the teaspoon is for serving dessert or for stirring tea or coffee.

There are many kinds of silverware in the market or stores. Some of them are the sterling silver, silver-plated, stainless steel, chrome, dirylite, and the heavily patterned kind. The most expensive but of lasting quality is the sterling silver. Stainless steel is the most popular. It is also of good quality and cheaper in price. It is durable and does not tarnish easily. Dirylite is a new brand of silver product in the market. It is of a fancy type and comes in attractive colors.

Selecting Table Linens

Table linens, such as napkins, doilies, and tablecloths come in attractive colors, designs, and fibers. They help make your table setting attractive.

The tablecloth serves as background for the service. It also protects the top of the table from heat, chafing, scratches, and clatter. It should match the setting arrangement and should be of washable and durable material. Local materials suitable for table cover are the Ilocano cloth, raffia, and *buri* matting.

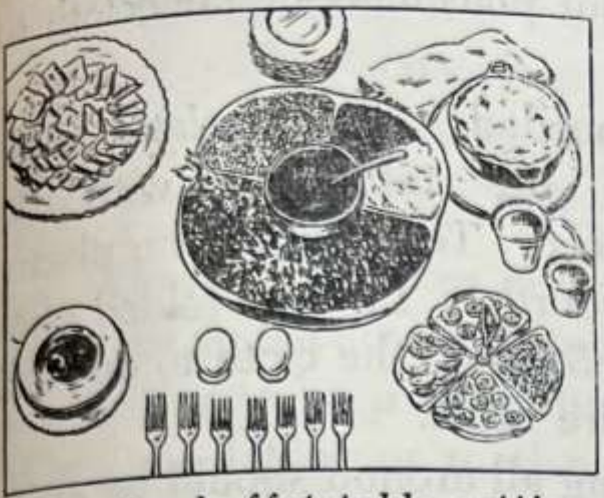
The napkins vary in size. For ordinary and informal affairs, the napkins are 12 to 18 inches square; for more formal occasions, 18 to 24 inches square. Paper napkins are now popular and come in many colors, designs, and finish. They also add to the color scheme of your table service.

Your Table Service

Table service can be done in three arrangements or styles: the ordinary family style as used in many homes, the buffet style for informal parties, and the formal or conservative style, often called the English style.

For ordinary family meals, all the dishes are set on the table. A serving spoon is provided for each dish. The father or the mother starts the meal by passing each dish around to all members. Each member helps himself a little at a time and requests for another helping if he wants more. When all members are served, the meal starts. In many Filipino homes, grace is said before the start of a meal.

At informal parties, especially for the younger people, the buffet style is commonly used.



Part of a buffet table setting

In this style, the table is set attractively with the food to be served, set on the table. Each dish is provided with a serving spoon. On a separate table, the plates, silver, glasses, and napkins for the guests are arranged. The guests help themselves, first by getting their plates, forks, spoons, and knives, then going around the dining table in one direction to get the food. After helping themselves, they sit around in small groups of four or six persons.

In the formal or conservative style, hired help may be needed. Only the covers are placed on the table. The guests are seated in front of each cover. Food is prepared and arranged in the kitchen and passed by the helpers among the guests, starting from the head of the table, going around to the right. When everyone has been served, the host or hostess, or the guest of honor at the head of the table gives the signal to start the meal. After each course, the used plate is removed and replaced with a clean one. The food is offered at the left of the guest and the used plate is removed from his right. The silver to be used first on the right side of the plate is placed farthest away to the right, and that at the left, farthest away to the left.

After the meal, the guests await the signal from the head guest or the host, then everybody stands and says "thank you" before leaving his seat.

Some rules for setting the table are as follows:

1. Wipe the table with a clean dustcloth. If the table

is polished or has a glass top, put placemats or tablecloth to protect the surface.

2. If a "silence" cloth is needed, use flannelette material. On top of this cloth, the tablecloth with the hemmed edge underneath is placed. To facilitate the placing of the tablecloth fold this into fourths. Lay the folded cloth on one fourth side of the table. Spread the cloth to one half of the table, then cover the entire table.

The edge of the cloth hanging all around should be about twelve inches from the edge of the table.

3. Put a low vase with fresh flowers, a small potted plant, or a low basket filled with fresh fruits in the middle of the table for a centerpiece.

4. Place individual covers on the table. The plate and silver should be an inch from the edge in a straight line. There should be enough space between covers to allow free elbow movement.

5. At the center of each cover place the service plate, face up.

6. Arrange the silver, putting the teaspoon near the plate on the right followed by the knife with its sharp edge towards the plate, and then the spoon. On the left of the plate place the fork with the tines up. Then put the napkin near the fork. Sometimes the napkin is placed on top of the plate.

7. The drinking glass should be at the tip of the knife and the rice plate near the tip of the fork.

8. Avoid crowding the table; articles may be placed on a tray and put on the table as they are needed.

9. Arrange the chair or stools around the table in front of each cover. See that the edge of the seat is just even with the edge of the table.

When the table is set, a member of the family announces, "Table is ready. Come, everyone." The other members should respond promptly, taking their seats from the left of the chair. After the meal, they leave their seats on the same side.

Whether the meal is a family affair or with guests, observe the following Do's and Don't's at the table:

1. Try to keep the conversation pleasant and interesting. When the father or mother talks, the children should listen attentively. When you want to say something, do so politely. Do not talk when your mouth is full.

2. When there is no hired helper, the father or mother starts serving the food to the right. A hired assistant should offer the food from the left of the person to be served.

3. Wait until all members have taken their share before starting to eat. Usually, the signal to begin is given by the father.

4. In large groups, however, the meal may be started as soon as food is served. Spread the napkin over your lap.

5. To take soup, dip the spoon in the center of the soup plate and draw it away from you. Sip the broth from the side of the spoon.

6. Avoid making any noise while eating.

7. When someone asks a question, wait until all food in your mouth is swallowed before answering.

8. Take small mouthfuls of food at a time.

9. Avoid blowing on the food to cool it. Stir it slowly and quietly.

10. Do not scatter crumbs or bits of food on the table.

11. Eat all the edible portions of food on your plate. Do not take more than you can eat.

12. Know how to use the silverware. Each piece has a definite purpose. The knife is used to cut food, not to bring the food into the mouth. The spoon may be used to take the rice and fish into the mouth. The fork is used to take dry or solid food to the mouth. All silver should be placed on the plate when not in use.

13. Fill drinking glasses three fourths full of water. Hold the glass with your right hand a little way down the bottom of the glass. Water should be taken in short, separate sips. Avoid gulping all the water at one time. Drinking glasses are refilled on the table. Do not raise the glass to have it refilled.

14. Request someone to pass the dishes. Do not reach for food across the table.

15. Remember to say "Please . . ." when requesting for a dish and "Thank you" after being served.

16. Always show appreciation of the food set before you. Never show any dislike. It is unkind to the hostess.

17. After eating, fold the napkin again and place it on the right of the plate.

18. All used silver should be placed on the plate with the handles toward the right closely parallel to each other.

19. Picking the teeth is done in private.

20. Cleaning and tidying the table after meals may be done by the children by turns.

Sharing in the family tasks will give one that feeling of responsibility and belongingness.

Class Activities

1. Things to do

a. Set the table.
b. Show how a cover is arranged.
c. Describe the setting.
d. Prepare a set of rules on the use of tableware in pictures.

2. Things to remember

a. When a meal is announced come to the table promptly.
b. Take and leave the seat at the left of the chair.
c. Wash hands before eating.
d. Talk about cheerful topics while eating.
e. Do not gulp down food.
f. Take turns in clearing the table and washing dishes.
g. When helping yourself at buffet tables, take only as much food as you can finish. Taking big helpings and leaving half of them afterwards on your plate is wasteful.

3. Word study

a. crumbs
b. dip
c. dustcloth
d. equipment
e. grace
f. hostess
g. informal
h. tip
i. style

A TYPICAL DAY WITH *ALING* MARIA SELECTING, PREPARING AND SERVING HER FAMILY MEALS

This is *Aling* Maria. She arrives from the market with her basket full of food for the day's meals.

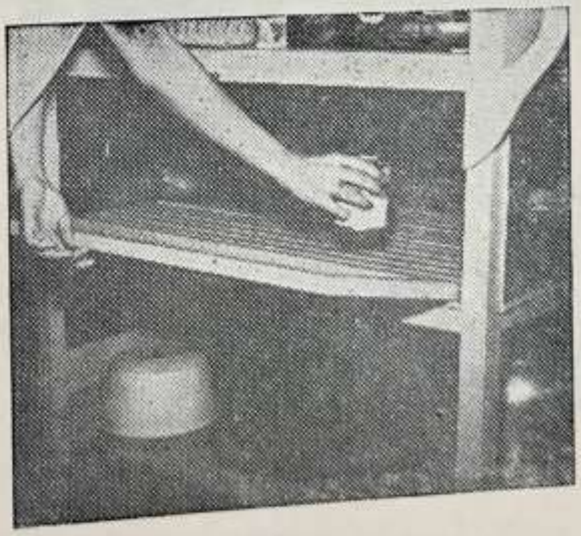
In her kitchen at home she empties her basket on a table. She groups the ingredients that will go together in a dish.

One group consists of slices of meat, vegetables, and papaya which will be served for supper.

Another group composed of eggs, corned beef, cocoa, milk and a bunch of bananas, will be used for breakfast.

In a third group, she has vegetables, green beans, squash, *kangkong* tops, tomatoes, onion, radishes, and *unsoy,* together with *ayungin* and other ingredients. She also has some pieces of *matamis na mani.* All these will be for lunch.

She arranges all the canned foods, eggs, and fruits in their proper places on a shelf. She puts the eggs in a clean container.



She wipes the slices of meat with a clean cloth and sprinkles them with salt; she

washes the vegetables carefully and wraps them in clean banana leaves. She puts them all together on a tray. She keeps them where flies and dust cannot reach them.

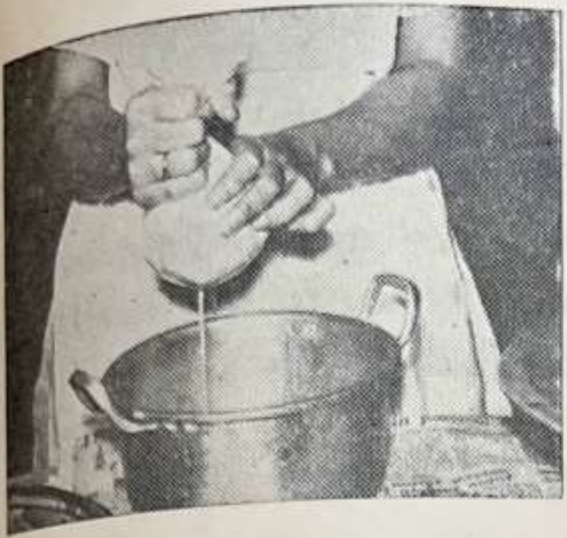
Then she proceeds to the preparation of dishes for lunch. Her menu consists of:

Paksiw na ayungin served with a combination relish, of diced raw tomatoes, radishes, *unsoy* tops and *patis*.

Ginisang gulay
Enriched rice and
Matamis na mani

She washes the rice only once, adds water, and sets it to cook over the fire.

Next she cleans the fish and cooks it with vinegar, a slice of ginger, minced garlic and salt to taste. While the rice and fish are being cooked, she washes the vegetables one by one. She picks the *kangkong* tops and tender leaves; strings and cuts the green beans into one-inch lengths, pares and dices the squash.



She extracts the pure coconut milk to be used in the vegetable dish.

Now she sautees a clove of minced garlic and then adds the vegetables. When the vegetables are half done, she adds the pure coconut milk and cooks the dish until done. She stirs the vegetables a little to keep them from burning. Then she seasons them to suit her taste. She uses a separate spoon for tasting.

Then she prepares the diced onions, tomatoes, radishes, and *unsoy* and adds *patis.* This mixture is eaten with the fish *paksiw.*

While doing all these work, she checks the cooking of the rice and *paksiw* every now and then to see that they are well done.

As *Aling* Maria works, she cleans the table, wraps the peelings, seeds and fish entrails in old newspapers before putting them in the garbage can.

When she is almost through, her children begin arriving from school. Each one helps her set the table.

When the meal is over, the work of cleaning is divided among the younger members of her family. An older daughter clears and cleans the table. Another washes the dishes and puts them away. Another sweeps and cleans the floor.

Aling Maria's daily activities in the kitchen can be your own or those of your mother or elder sister. She has shown you how to work well and efficiently.

Unit IV

YOUR RECESS LUNCH IN SCHOOL

The recess lunch service in your school gives pupils an opportunity to have good food. This is made available at a low cost and served in a sanitary way.

Wholesome school lunches are usually simple foods which make use of milk, eggs, fruits, and green and yellow vegetables. Sandwiches have fillings rich in nutrients.

Some foods which are sold cheap at the school lunch counter are the following:

1. Fruits, especially those in season, like bananas, papayas, guavas, *santol, avocado, kaimito, chico,* and *balimbing.*

2. Vegetables that can be eaten raw in the form of salads, like tomatoes, onions, lettuce, cabbage, sweet red and green peppers, *singkamas,* and cucumber.

3. Juices of pineapple, *kalamansi, santol, guyabano* or tamarind mixed with water and sugar.

4. Vegetables, especially the dark leafy-greens cooked into a simple dish or in soups.

5. Peanuts boiled or roasted. These should be eaten with their red skins on.

6. Fish including the small ones, like *dilis.* These are dried, roasted, and eaten whole.

7. Young corn boiled on the cob or ground and made into *maja blanco.*

8. Hot soup mixed with vegetables. This is cooked with meat, fish, shrimps, and or other protein foods. When a little fat and rice are added, it becomes a one-dish meal.

9. Hot soup of mongo, or any other dried beans.

10. Milk in any form taken as a drink or used in soups, cereals, or sauces.

11. Eggs used as fillings for sandwiches, garnishing, or as thickening agent.

12. Cheap cuts of meat cooked until tender and served in stews or *pospas*.

13. Root crops cooked with their skin on, like *kamote*, *gabi* or *tugi*.

14. Other carbohydrate foods, such as rice, *malagkit*, *pinipig*, oatmeal, cornstarch, bread and cassava.

There are certain foods which are popular among school children but are not encouraged. These are:

1. Expensive fancy foods which are beyond the school child's allowance.

2. Jams, jellies, fruit preserves, and the like.

3. Candies and other sweets containing too much sugar which destroys the appetite.

4. Cakes, pies, and fried foods that are hard to digest.

5. Coffee and tea.

6. Icedrops, sherbets and other iced and frozen foods which contain mostly water and a little sugar.

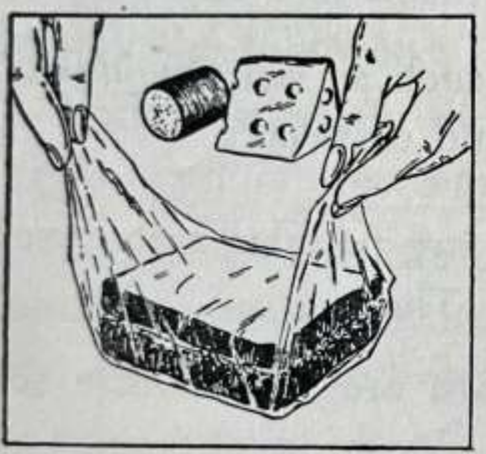
7. Bottled drinks of all kinds which contain little or no food value.

Preparation of Foods for Recess Lunch

Foods for recess lunch may be prepared at the school lunch counter in the following ways:

1. *Soups.* The water in which meat, pork or hambone is boiled is called "stock." This is strained and used as liquid in soups.

The meat is cut into small pieces and returned to the water. Meat stock alone contains very little food value unless milk, diced vegetables, and pieces of meat are added. Egg noodles, macaroni, *miswa*, *sotanghon*, or fried pieces of bread are used to thicken the soup and make it more filling.



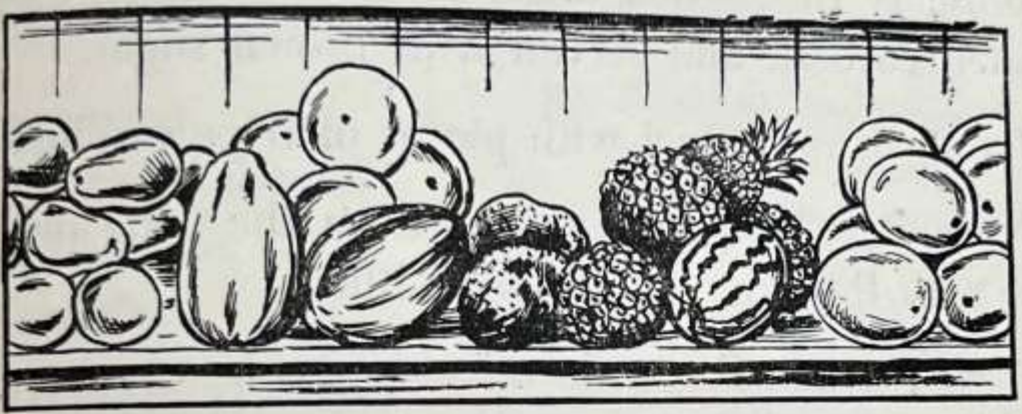
Sandwiches

2. *Sandwiches* are made of two or more slices of bread with nutritious filling between them. Cream bread, rolls or buns are used for sandwiches. The filling may be slices of cold meat or fish, or chopped meat with raisins, peas, peanut butter, eggs, chicken, ham, cheese and nuts. The filling may be flavored with chopped pickles, tomato catsup, or salad-dressing. Chopped raw vegetables with some kinds of dressing also make good sandwich fillings.

To make a sandwich, put butter on two slices of bread. Spread the filling evenly on one slice. Then cover this slice with the other half. Sandwiches should be wrapped in wax paper or paper napkins, or they may be served open and cut into squares, triangles, rectangles, or circles.

To eat a sandwich, hold it between the fingers and bite through the layers. If it is wrapped, uncover it little by little as you bite through. Do not throw away the wrapper until you have finished eating the whole sandwich. Then drop the wrapper in a garbage box.

3. *Fruits* are divided into two groups: flavor fruits and food fruits. The flavor fruits such as papaya, mango, melon, pineapple, *guyabano*, and all kinds of citrus fruits contain much water. The food fruits, like *mabolo*, *avocado*, banana, *rimas*, *tiyesa*, and *langka* have less water and more pulp. Fresh fruits are good sources of minerals, vitamins, water, sugar, and very small amounts of protein and mineral oil. Fruits in season are cheaper and more nutritious. They should be eaten when in the right stage of ripeness. Fruits which have been forced to ripen are not wholesome.



Flavor fruits

Buy fresh fruits when they are available, but dried and canned ones may be served just as well. Wash fruits carefully before eating them.

4. *Juices* of *kalamansi*, pineapple, orange, tamarind, *santol*, *guyabano*, and *duhat* make refreshing and wholesome drinks. Add sugar and cracked ice to a glassful of juice and enjoy its cooling effect.

5. Typical native snacks, such as *ginatan,* mongo with milk and crushed ice, *putomaya, pospas,* boiled *kamote, saba,* and peanuts make good recess lunches, too.

Ginatang halo-halo is a preparation of root crops and tubers cooked in coconut milk and sugar.

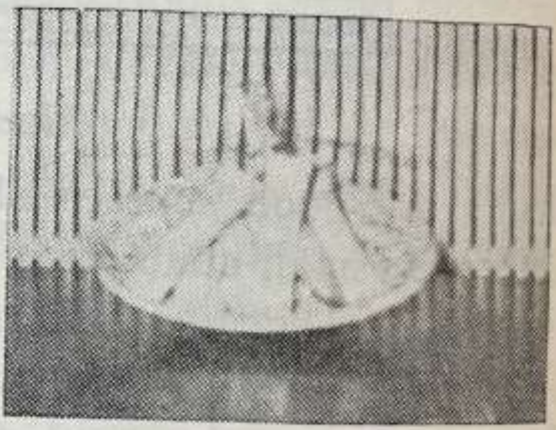
Mongo with crushed ice and milk is sometimes combined with *kaong,* sweetened *saba,* and *langka.*

Putomaya is a dish of *malagkit* rice. This is cooked like ordinary rice; when done, it is formed into balls, rolled in grated coconut and served with brown sugar.

Pospas is rice gruel with pieces of tripe or chicken meat.

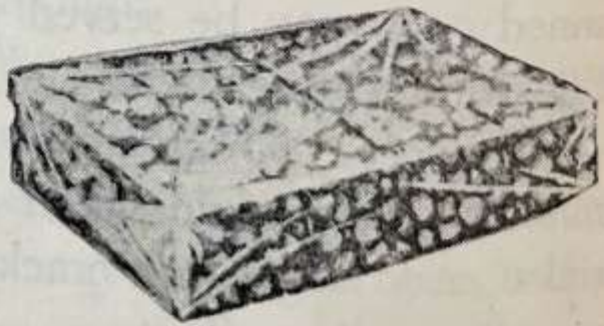
Kamote, saba, gabi, tugi, corn on the cob, and peanuts, boiled with the skin on, are good fillers.

Suman is usually made of *malagkit* or grated cassava and coconut milk. It is wrapped in banana leaf, *ibus* and other fragrant leaves, and boiled until done. There are many varieties of *suman,* such as *antala, ibus, maruekos, sa lihiya* and *cassava.*



Suman

Ampaw is made of popped rice or corn coated with syrup. *Ampaw* is manufactured on a commercial scale and sold wrapped in cellophane bags.



Ampaw

Here are some menus for recess lunch. Each dish in the list is a snack by itself. Select one and accompany your choice with a fruit.

1. Cheese sandwiches
Vegetable soup
Fruit in season

2. Peanut butter sandwiches
Noodle soup (*mami*)
Sliced papaya

3. *Putomaya*
Tea with *kalamansi*
Boiled *saba*
Naranjita

5. Salted egg-tomato sandwiches
Mongo with crushed ice and milk
Sliced *guyabano*

6. Meat-sweet pepper sandwiches
Pineapple juice
Boiled *kamote*

7. *Ginatang munggo*
Miswa with egg
Chico

8. Shrimp-cucumber sandwiches
Sotanghon soup
Lakatan

9. Egg-salad sandwiches
Chicken noodle soup
Melon

10. *Ginatan bilo-bilo*
Guyabano juice
Ampaw

11. Pork-and-bean sandwiches
Iced *buko*
Sugar-coated peanuts

12. *Menudo* with fried *saba* sandwiches
Laksa
Santol-ade

13. *Suman sa lihiya*
Cocoa with milk
Toasted *pinipig*

14. Bacon-egg *patola* sandwiches
Orange juice
Kamatsili cookies

15. Scrambled egg-catsup sandwiches
    Fruit punch
    Iced *gulaman*

16. *Pansit* (mixed vegetables)
    Kalamansi-ade
    Raisins

17. *Alpajor*
    Puto
    Avocado

18. *Champorado* with milk
    Toasted *dilis*
    Saba salabat

19. Fresh *lumpia*
    Shredded and iced melon
    Mamon tostado

20. Tuna salad sandwiches
    Brain with *miswa* soup
    Espasol

21. Corn *ginatan*
    Cream crackers
    Pineapple juice

22. Boiled mongo with milk
    Suman sa ibus
    Ripe guavas

23. Egg-potted meat sandwiches
    Batsoy with *miswa*
    Santol

24. *Torta* meat sandwiches
    Stewed prunes
    Tamarind juice

25. *Dinuguan*
    Puto
    Balimbing

26. Spaghetti with meatballs
    Buko salad
    Cream cookies

27. Boiled *gabi* with coconut and sugar

28. Macaroni with chicken
    Maja blanco
    Atis

29. Rice soup
    Fried *tokwa*
    Kundol

30. Other preparations, such as *biko, palitaw, palubog, kutsinta* and other similar delicacies served with *salabat*.

Courtesy at the school lunch counter

Desirable food habits and attitudes should be observed at the lunch counter. Among these are the following:

1. Wait for your turn.
2. Avoid pushing and crowding.
3. Speak softly to the sellers.
4. Say "please" and "thank you" before and after being served.
5. Use correct buying and selling expressions.
6. Wash your hands before and after eating.
7. Close your mouth while chewing.
8. Wipe it clean when you are through.
9. Drink plenty of water.

10. Throw fruit peelings and food wrappers in the garbage can.

11. Keep the premises around the lunch counter clean.

12. Return empty containers to the sellers.

Lunch Service Helpers

Here are some rules for lunchroom service helpers to observe:

1. Keep the lunchroom and premises clean and sanitary.
2. Food handlers must be clean and neat and free from any disease.
3. Hands and nails should be carefully washed and nails trimmed. Use individual handtowels for wiping the hands.
4. Wear aprons and headbands.
5. Have enough washing facilities with plenty of soap and boiling water.

Young homemakers in aprons and headbands

6. Protect and cover all foods. Use white napkins or waxed paper for wrapping finger foods.

7. Dishes, glasses and silver should be used only once. Wash them in boiling water before using them again.

8. Use pincers, tongs, spoons, forks or ladles when handling food.

Class Activities

1. Things to find out and report

a. Who take care of the preparation and serving of food at your school lunch counter?
b. Are they neat and clean?
c. How is the food protected from dust and flies?
d. Do peddlers and corner stores show the same care and protection of the foods they sell?
e. Do the children show good food habits?

2. Things to do

a. Visit your school lunch counter and list the food sold.
b. Report to the class on:
    a. Children's behavior at the lunch counter.
    b. Food handling.
c. Make posters on proper behavior at the lunch counter.

3. Things to remember

a. Foods can be wholesome as well as cheap.
b. Recess lunches should make use of more milk and eggs.
c. Good food habits should be developed by school children.

d. Lunches for school children should be varied and well combined.

e. Those in charge of preparing and serving recess lunches should be clean and free from contagious disease.

4. Word study

a. cellophane
b. counter
c. courtesy
d. filler
e. gruel
f. napkins
g. nutrients
h. snacks
i. syrup
j. wax paper

THE SCHOOL LUNCH COUNTER SERVICE

The lunch counter service in your school takes care of the preparation and sale of food for recess or noonday lunch. This activity is an important part of the program in all public and private schools. The purpose of this project is to bring within your means, good and wholesome food for snack or lunch time. It also helps you to:

1. Develop good food habits of eating well selected foods
2. Develop your taste and liking for good food
3. Practice desirable habits such as:
    a. Washing your hands before and after eating
    b. Good table manners
    c. Waiting for your turn
    d. Talking softly and politely
    e. Observing sanitary and other health habits

Wrong choice of food is still a problem of many people of this country. This is common, not only among the poor but also among the rich. Your school is helping you to overcome this problem by giving out correct information through the practice of proper selection and preparation of food. During recess or the lunch hour you will find at the school lunch counter such foods as:

1. Sandwiches with different kinds of fillings. Good sandwiches have meat, creamed fillings, eggs, cheese, peanut butter or a combination of meat and vegetables flavored with some kind of dressing for fillings;

2. Soups, with or without milk. Chopped vegetables and other filling ingredients like rice, *miswa, bihon,* or macaroni are often added;

3. Vegetable dishes, some raw as in salads and others cooked as in *guisado;*

4. Fresh and ripe fruits, especially those in season; and

5. Juices from local fruits prepared as drinks. When served cold they are both refreshing and satisfying.

All these foods are served at cost. They are selected for their food value. They are prepared and cooked by you and your classsmates in home economics under the guidance of the lunch teacher. Your duties at the lunch counter are well set to avoid confusion. Your sense of responsibility is also developed when you make an accounting of the sales and purchases. Before you can qualify as a lunch helper, you are examined for any communicable disease. You must first possess a clean bill of health.

Your lunch service department may be housed in the school building or in a separate building by itself. It should provide three areas of work as follows:

a. The kitchen for the preparation, cooking of food and storing supplies,

b. The dining room or hall, and

c. The lunch counter proper where ready-to-serve foods are sold to the school population. All these areas should be well lighted, properly ventilated and screened.

The kitchen should be kept clean and free from dust and flies. There should be work tables, stoves, cabinets, storage space and washing facilities which are within your correct working heights. A big kettle or an empty petroleum can containing boiling water should always be on hand. This will serve all cleaning purposes. Chinaware and silverware should be boiled after using and before putting them away. Spoons and forks which touch your mouth directly should be boiled for at least 30 minutes after they are used.

There should be a garbage can for the proper disposal of garbage. This should be covered from flies and emptied everyday.

A homemaking class entertaining visitors

The dining area should be located close to the kitchen or may be a part of the kitchen. The arrangement will depend on the number of persons taking their lunch at noon. If possible, it should have self-serving equipment to facilitate lunch service. Whatever food you eat, learn to eat it correctly. A pleasant atmosphere will help you enjoy and digest your food well. The dining room service should offer besides the regular courses, such dishes, as hot soup or beverage, raw vegetable salads, fresh fruits, or some kind of dessert.

The lunch counter proper should be located within the school grounds and within the reach of school children. There should be drinking fountains and enough handwashing facilities close by. There should be a blackboard with the day's menu written on it. This display will help to attract and encourage the children to buy. The menu should be changed every day. It should include dishes using such food items in enough amounts as:

1. Milk, eggs, meat, fish, and internal organs
2. Leafy and yellow vegetables
3. Wholesome and refreshing fruit juices
4. Combination foods

The sale of candies, cheap cakes, fried foods, and bottled drinks should be discouraged.

The role of the lunch counter service in the schools may be summarized as follows:

1. To help prevent or lessen nutritional deficiencies among children
2. To develop desirable food habits and correct undesirable ones

3. To train children in the correct selection of food and wise spending
4. To develop civic responsibilities
5. To train children in social graces through the cultivation of friendliness, courtesy, good table manners, and democratic processes
6. To make this phase of the school program also a child feeding program
7. To make the sale of food an example of good sanitation by having the following:
   a. Enough serving trays and the use of food tongs for handling purposes
   b. All foods on display properly covered
   c. Finger foods properly wrapped
   d. Covered trash cans conveniently located
   e. A clean lunch counter and healthful premises

Class Activities

1. Things to do

a. Find out what menu there is at your lunch counter today.
b. Give your comment on the foods served. How is each food protected?
c. Make a list of improvements you would like to suggest.
d. Make posters showing correct food habits and good table manners.

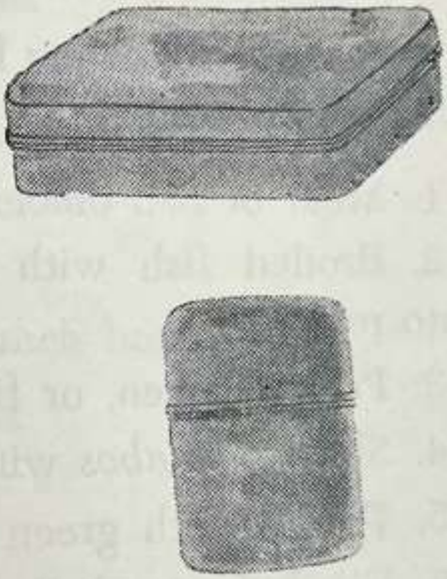
2. Word study

a. atmosphere
b. area
c. communicable
d. digest
e. duty
f. population
g. responsibility
h. sanitary
i. supplementary
j. wholesome

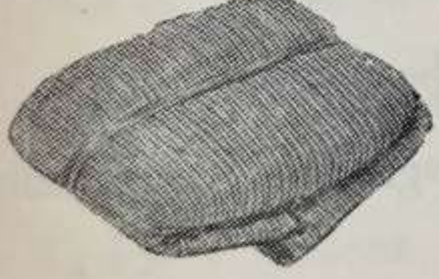
PREPARING THE LUNCH BOX

Members of your family who go daily from home to school or office, usually have no time to be back for their noon lunch. These people have to be provided with a good lunch prepared and packed at home. The homemaker should be able to provide each with enough food. This should include a main dish of fish or meat, egg, or a vegetable dish which can be wrapped conveniently. Rice, fruit, some kind of dessert, and a simple raw salad should go with the main dish. If a glass jar is available, soup or milk may be included in the packed lunch.

A proper container for a packed lunch may be an aluminum box or any empty cardboard box. It should be strong, unbreakable, easy to carry, and convenient in size. If this type is not available, use banana leaves which have been wilted over a fire.

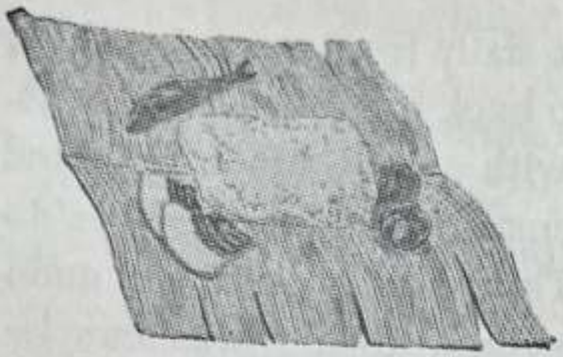


Containers for packed lunch



Packed lunch wrapped in wilted banana leaf.

Wilting the leaves softens them and kills the germs. Banana leaves used for wrapping add a pleasing flavor to the cooked rice.



Packing lunch in banana leaf

Wipe the wilted leaf with clean cloth. Sprinkle salt over the leaf and place on it a cup or two of cooked rice. Make a well in the center of the rice, then place the main dish in it. Wrap tightly. Other supplementary foods should be wrapped separately. Put the packages together in manila paper or in a paper bag. Include paper cups, silver, and napkin in the pack.

Any of the following foods, besides rice, may be included for this kind of lunch:

1. Meat or fish omelet with tomato-radish salad.
2. Broiled fish with *burong mustasa* and salted egg-tomato relish.
3. Pork, chicken, or fish *adobo* with cucumber salad.
4. Shrimp *halabos* with *atsara.*
5. *Tinapa* with green mango pickle.
6. Fried rice cooked with sliced sausage, scrambled egg, and green onions. This may be accompanied by a juicy fruit.
7. Sandwiches with salad fillings and a hot beverage.
8. *Bagoong alamang* with sliced green mango, tomatoes, and onions.
9. Fried *tapa* with fresh raw tomatoes and peanuts.
10. Fried liver and onions served with *kalamansi* juice.

To eat this lunch, unwrap the box and spread the wrappings on the table. Open the box or package. Use the cover for holding the viand or for mixing the salad. Eat direct from the box. Try having something hot to go with your lunch. This may be carried in a thermos jar or bought at the school lunch counter.

A packed lunch is better than food bought in stores or from peddlers. If the lunch is for a farmer or a laborer, it should include more energy-giving foods; a student or an office worker will need more meat, eggs, cheese, and peanuts.

Class Activities

1. **Things to talk about**
   a. Foods suitable for a packed lunch
   b. An appropriate container
   c. How to pack or prepare a lunch box
   d. How to eat from a lunch box
2. **Things to do**
   a. Make an improvised lunch box out of any discarded box or pieces of cardboard.
   b. Prepare a packed lunch:
      1) for an office worker
      2) for a student
      3) for a farmer

3. Things to remember

a. A packed lunch should contain a complete meal.
b. Packing a lunch is better than buying food from peddlers.
c. Wrapping cooked rice in banana leaves gives it a pleasing flavor.
d. Only solid foods may be wrapped.
e. Soup or beverage may be carried in a glass jar or thermos bottle.

4. Word study

a. beverage
b. facilitate
c. peddler
d. sprinkle
e. viand
f. wilted
g. wrapping
h. thermos
i. menu

Unit Five

THE PERSONALITY OF YOUR KITCHEN

Making Your Kitchen an Efficient Workshop

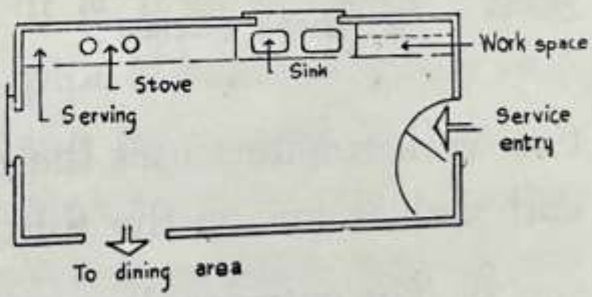
Your kitchen is your workshop at home. It is there where food is prepared, cooked, and served. Much of your time and effort is spent in the kitchen. So, this part of the house should be the concern of all the members of your family. Properly equipped, furnished, and maintained, it is a pleasant place to work in.

Your kitchen should be arranged to have at least the following three work areas:

a. For the preparation, cooking and serving of food
b. For the washing of food and utensils
c. For the storing and keeping of supplies

Here are four suggested plans of kitchen arrangements for an efficient workshop; the I-shape, L-shape, U-shape, and the corridor shape showing the location of the three work areas.

a. The I-shape kitchen uses only one side of the room against a wall in a straight line. This plan is suitable for a small kitchen. In this type of kitchen, the cooking area, the prep-



I - Shape Kitchen

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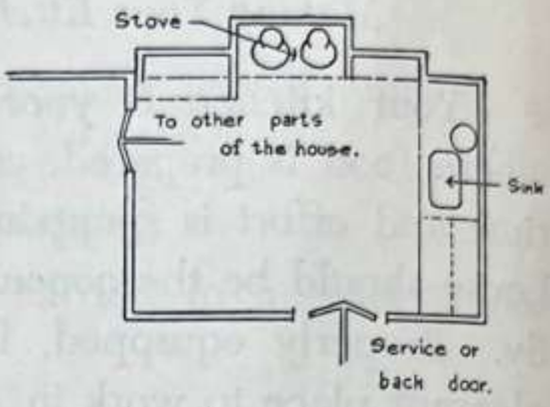
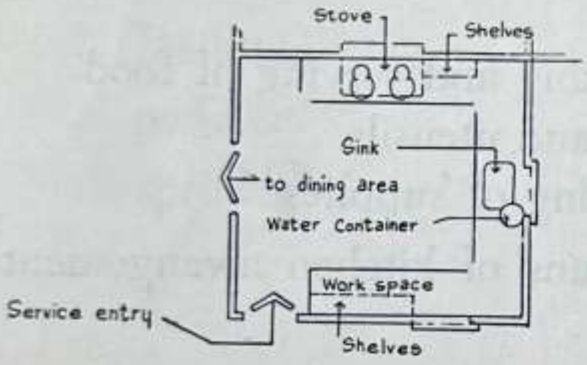
1 General Office Bulletin No. 46, s. 1956, **Planning Convenient Kitchens.**

aration and storage areas are arranged in a line against a wall in the room. They should be close together so that the things you need are within easy reach.

b. The L-shape kitchen uses two sides of the room, as in the illustration. This arrangement is suitable for a bigger kitchen. The stoves are on one side, the sink near the corner, and the storage area on the next side.


Stove
To other parts of the house.
Sink
Service or back door.

L - Shape Kitchen


Stove
Shelves
Sink
to dining area
Water Container
Work space
Service entry
Shelves

U- Shape Kitchen

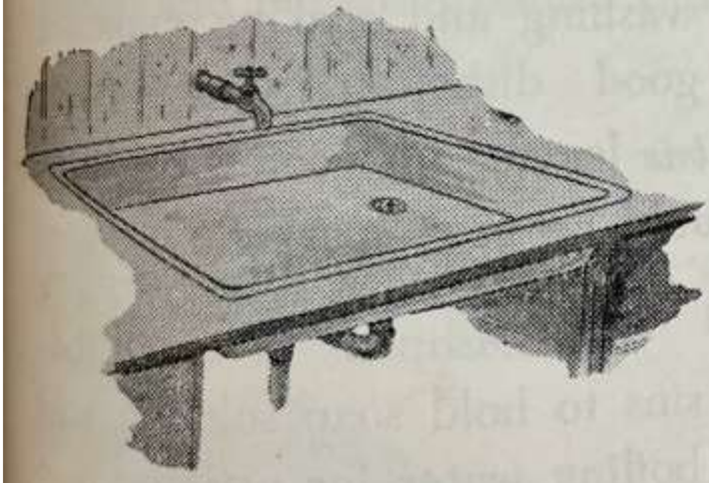
c. The U-shape kitchen uses three sides of the room. This plan is suitable for a big kitchen in a big house. This arrangement has the stoves arranged on one side of the room with cabinets and closets close by for keeping the cooking utensils. The sink between the two work counters uses the middle side. The storage cabinets and shelves are on the third side.

d. The corridor shape utilizes two opposite walls of a room. The sink and the cabinets are on one side and the stove and work area on the other side. The middle aisle is used as a passage way. Whatever size or shape of kitchen you may have, work areas have specific uses.

The washing area in the kitchen takes care of the following activities:

1. Washing of all food before preparing and cooking
2. Washing dishes and utensils and in some cases washing clothes after the kitchen is cleared

There should be a sink supplied with enough running water from a pipe or a jar with a faucet. The sink should be high enough for the worker. It should have enough working space on each side, the left side for articles after they are washed. When these are drained and dried, they should be kept in cabinets nearby.

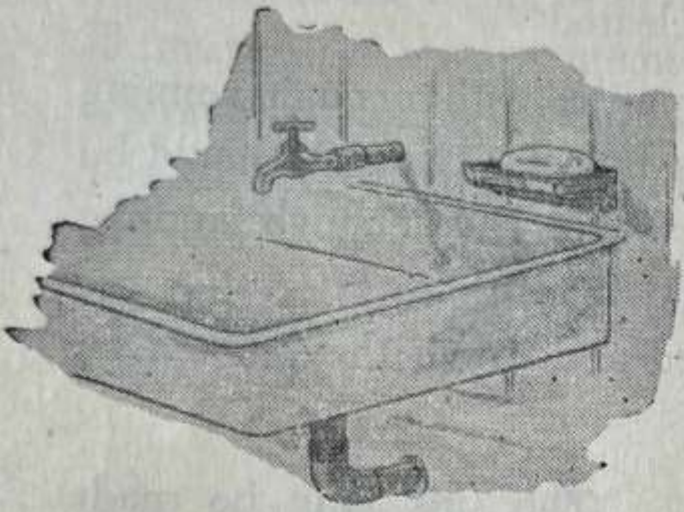


Kitchen sink

The sink may be made out of a halved empty can of lard or petroleum, or one locally made of galvanized iron, or it may be the enamel type. Whatever type it is, it should have a drain pipe of bamboo or iron leading to a canal or a septic tank as outlet of used water. When a drain pipe is not available, used water accumulates under the kitchen.

Stagnant water under the house is a good breeding place for mosquitoes and germs. The canal into which drain water empties should be sprayed with kerosene at least once a week.

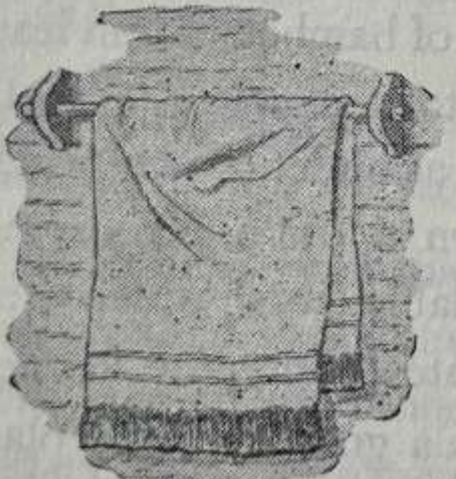
Cleansing materials needed in the washing area are the following:



Sink with a soap dish

1. A small dish for holding soap. This may be made out of an empty milk can or half of a coconut shell punctured with holes. A metal soap dish may be bought at any hardware store. This should be nailed just above the sink.

2. Dishcloth for soaping dishes. A piece of *sinamay* hemmed around the sides or a cloth remnant that will stand washing and soaking makes a good dishcloth. *Gogo* bark, *alagaw* leaf, *patola* fiber, and *isis* leaves, are good substitutes for dishcloths. Steel wool should be used sparingly.

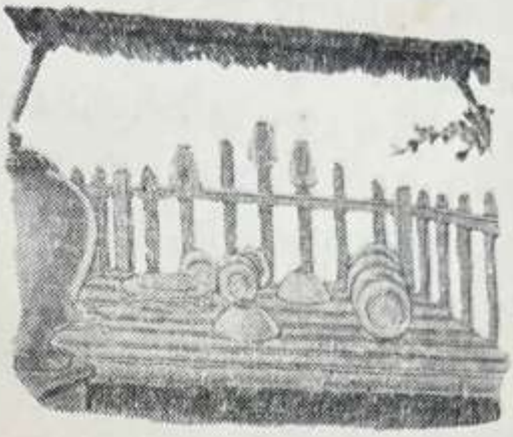


Dishtowel in a rack in the kitchen

3. Dishpans or small basins to hold soap solution and boiling water for washing and rinsing.

4. Dishtowels on a nearby towel rack for wiping dishes. Old clothes (provided they are clean and boiled) may be used for dishtowels.

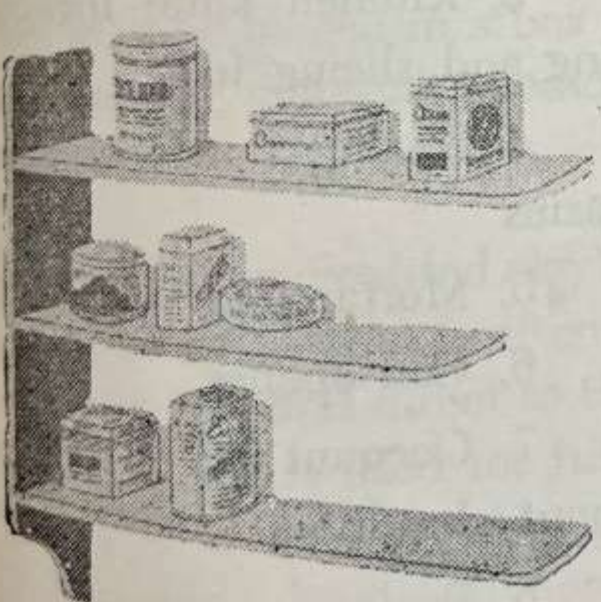
5. A shelf for stacking clean dishes. The typical *banggerahan* enclosed with wire netting and divided into shelves for keeping clean utensils is both handy and convenient.



Banggerahan

When the cleaning-up is finished, the washing area may be used for washing clothes.

In some homes, the space between the sink and the stove is wide enough. This space may be used as the preparation center. If this space is not available, a work table near the sink and stove will do. On this table, food is assembled, sorted and prepared before and after cooking.



Open shelves for supplies in the kitchen

There should be some shelves or built-in cabinets for equipment used in the preparation of food and supplies in this area, either above the working surface or under it. These cabinets should be free from insects.

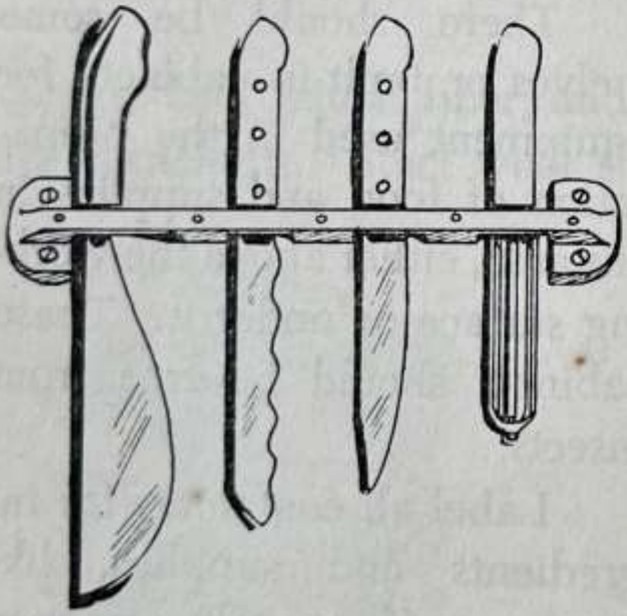
Label all containers for ingredients and supplies, like sugar, coffee, salt, pepper, *gaw-gaw*, and dried beans. Containers should have tight-fitting covers.

In the preparation area, the working surface or table should be high enough for the homemaker to work comfortably. The correct height for a working surface may be measured in this manner. Stand tall near the table and hang your arms straight down. Your palms should lie flat on the surface area.

Check your own table and make the necessary adjustment, if necessary.

Some tools and equipment needed in the preparation area are:

1. Cutting board, one that does not chip off when cutting, slicing, or chopping any food. This should be hung on a nail on the wall to keep it dry and away from cockroaches or ants.



Cutting tools in their proper places

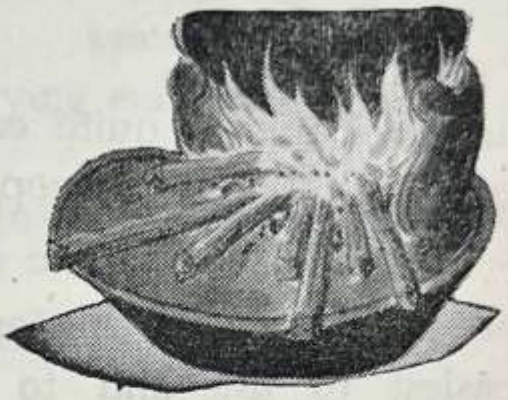
2. Bolo or heavy knife for cutting big pieces of food
3. Kitchen knife for cutting and slicing food
4. Mixing bowls or small basins
5. Mortar and pestle
6. Can opener
7. Coconut grater and coconut shredder
8. Peeler
9. Strainer
10. Funnel

When buying these tools, select them for their quality and durability.

Provide a tool rack or a drawer for them. Arrange them neatly such that they are always ready for use.

The third area and the most essential part of the kitchen is the cooking and serving spaces. Much of the time is spent in cooking and serving of breakfast, lunch, and supper.

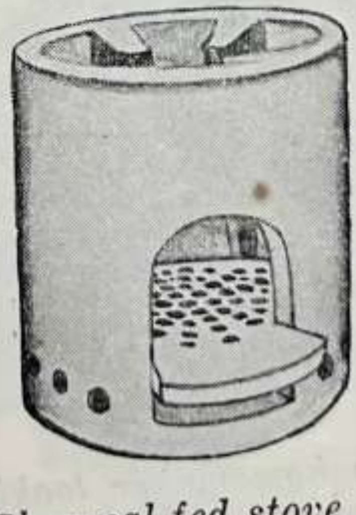
The stove is the most important equipment and should be the best you can afford to buy. Choose the type that will serve your family need best. There are several types to choose from:



Clay stove

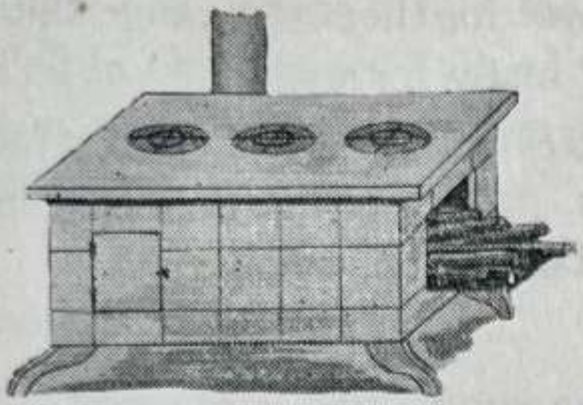
1. The ordinary clay stove with a full back keeps the heat concentrated on the pot. Wood or sticks are used for fuel. Fuel may be placed in a box under the stove stand. Matches and kindling materials should be nearby but out of children's reach.

2. The charcoal-fed clay or cement stove has the heat confined inside it and direct to the pot. Charcoal is used for fuel. This type does not give off much outside heat and needs little attention once the charcoal begins to burn.



Charcoal-fed stove

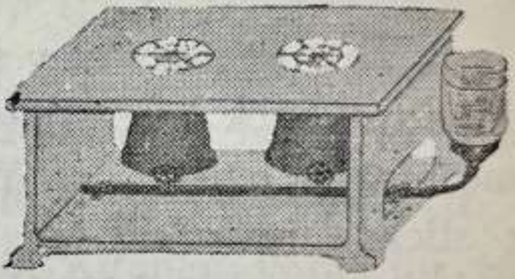
The Mayon type of stove also uses wood for fuel but keeps the smoke out of the kitchen through a chimney or exhaust pipe. This type of stove comes in different sizes with two or more burners on top. Some stoves of this type are lined with white tiles on the surface. White tiles are easy to clean.



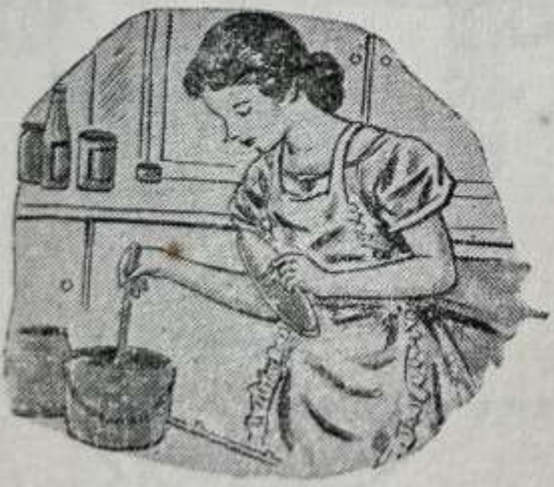
Mayon type stove

4. The kerosene stove uses petroleum for fuel. It needs only a small space in the cooking area and is quite easy to operate. However, it needs constant cleaning to keep the flame blue.

5. Gas and electric stoves are the most costly but are the easiest to use and to keep clean. The pans and kettles used for cooking do not soil much because gas and electricity do not give off soot.



Kerosene stove

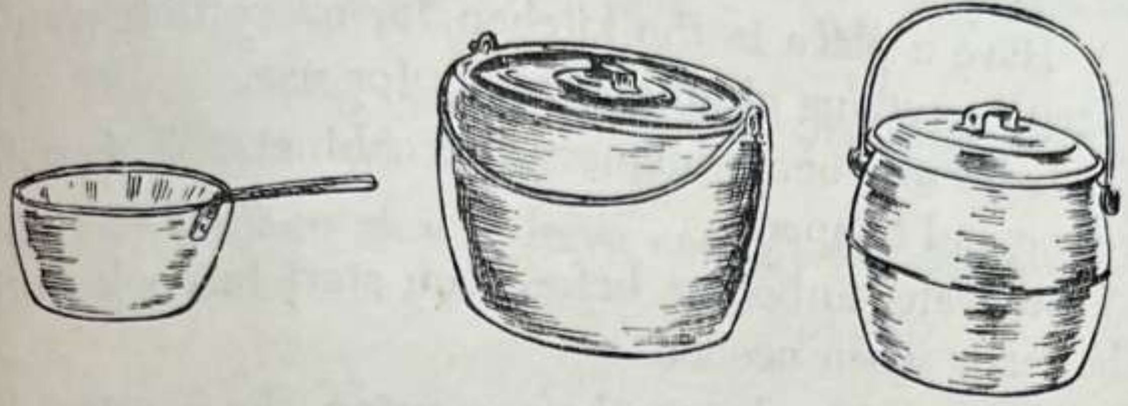


Young homemaker looking at what she is cooking in the pot

Whatever type of stove you have, it should be so placed as to allow the worker to look inside the pot while cooking. The containers for fuel should be within easy reach and well protected from fire hazards.

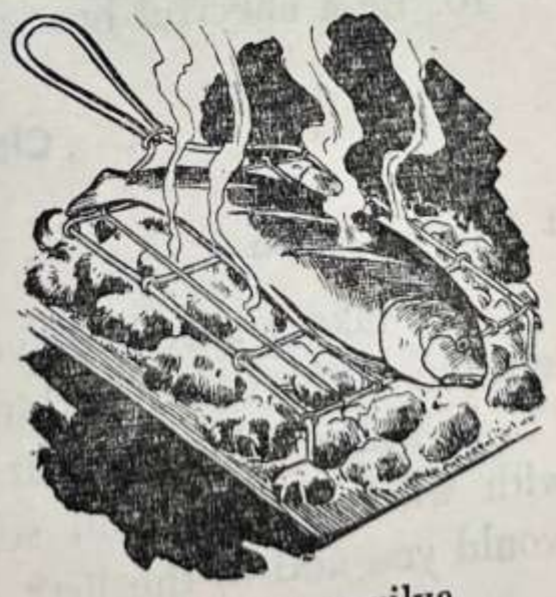
Equipment needed in the cooking area includes the following:

1. Pots or kettles of different sizes



2. *Carajay* or frying pan for frying and sauteing
3. Sauce pan
4. A set of jars with covers for salt, sugar, spices, etc. (cannister set)
5. Bottles for vinegar, *patis* and *toyo*
6. Ladle with wooden handle
7. Paddle for stirring
8. Cooking fork, spoon and turner
9. Pot rings or pads
10. A pair of tongs and a blower
11. Short broom or brush for cleaning the stove and around it.
12. Broiler or *parilya*

Choose equipment with simple lines; select those easy to clean and hold. Pots, pans, and kettles should have tight-fitting covers.



A broiler or parilya

When the food is cooked, this should be dished out on serving plates before it is taken to the dining table.

Here are additional kitchen hints for the young homemaker:

1. Have a place in the kitchen for everything you need, and keep everything clean and ready for use.
2. Label all your containers and cabinets. This will save your time and temper.
3. Set water to boiling before you start to cook so that it will be ready when needed.
4. Sharpen your knives before using them. Have your sharpener within easy reach.
5. Clean as you work and work as you clean. Do not pile your dirty dishes and garbage in the sink.
6. Keep your kitchen neat, clean, and attractive at all times.
7. Rid your kitchen of household pests.
8. Have a first-aid cabinet in a corner in the kitchen.
9. If repairs are needed in the kitchen, see that they are done as soon as possible.
10. Be a cheerful housekeeper.

Class Activities

1. Things to do

a. Make a sketch of your kitchen at home, showing the location of the three working units.

b. Make a list of your kitchen utensils. Compare these with what you have in school. What other useful article would you add to the list?

2. Things to remember

a. The family kitchen is the heart of the home.

b. Save steps through correct placement of kitchen equipment and areas of work.

c. The working surface should be just high enough for the homemaker to work conveniently.

e. The kitchen should have enough working and serving space.

3. Word Study

a. cabinet
b. clay
c. drain
d. puncture
e. remnant
f. shelf
g. stagnant
h. exhaust

Good planning and the right tools will make your kitchen chores easy. Daily cleaning of the kitchen includes the following:

1. Dusting and polishing the furniture.
2. Sweeping and dusting the floor.
3. Cleaning the stoves and equipment around it.

The weekly chores are:

1. Cleaning the kitchen cabinets inside and out.
2. Arranging their contents.
3. Scrubbing and wiping the kitchen walls.
4. Polishing silverware, pots and pans.

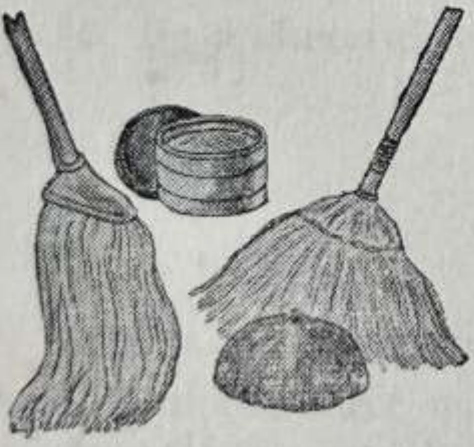
Good tools will help make the work lighter and easier. Have these ready before starting to work. Many tools may be improvised at home or bought ready-made.

Tools needed for cleaning the kitchen are:

1. Brooms — stick broom or *ting-ting* (midrib of *sasa* and *kaong* leaves) held at the end by a ring made of rattan strips;

2. Long-handled — soft broom made from the flower stalks of the *tambo* and *lasa* plants.

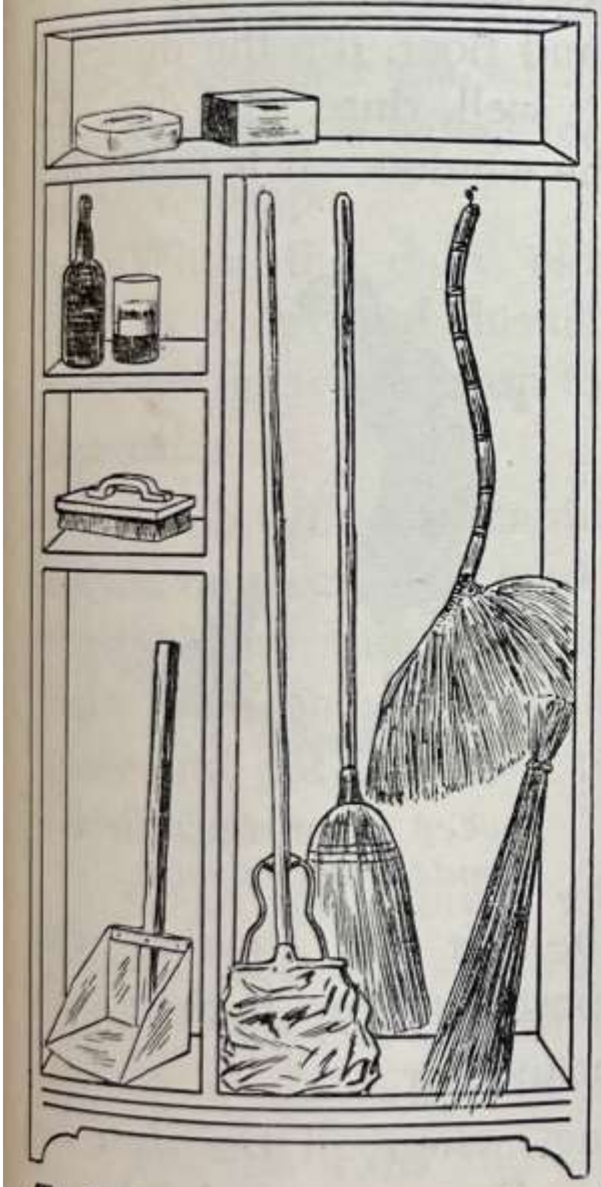
3. Coconut husk — the dried husk of the coconut sawed crosswise into halves and used for husking and polishing the floor.



Tools for cleaning

4. Brushes — long handled brush to reach the ceiling and walls. This may be made of bamboo and cut into very fine strips; handbrush with stiff bristles for scouring wooden surfaces such as tables, chopping board and other working surfaces.

5. Mops with or without handles for dusting floors;
6. Dustpan for collecting dirt after sweeping.
7. Dustcloths for wiping tables, chairs and other surfaces.
8. Water pail or basin.

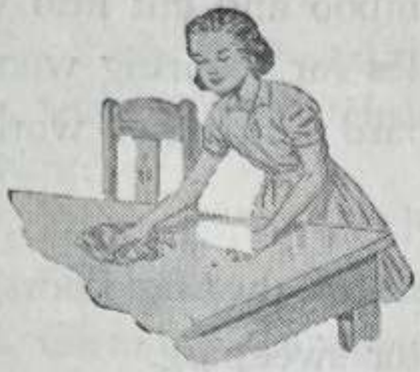


Tools kept in a well designed cabinet

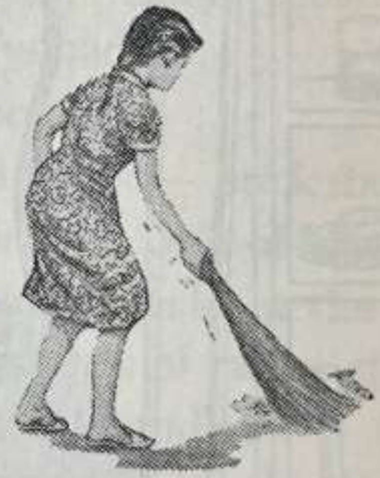
Put these tools in a cabinet when they are not in use. They should not be left in corners, nor under tables and cabinets. Keep them clean and dry.

Before sweeping the floor put away and cover all food in a place free from dust. Cover tops of tables and close all cabinets.

The furniture, the floor and the stoves need to be cleaned daily. Before cleaning the floor, wipe and polish the furniture. Use a soft dustcloth which may be made out of old socks and cotton undershirts (*camiseta*). These should first be washed and dried, then tied carefully together to make it easy to handle. Clean socks of assorted colors tied together make attractive dustcloths. A feather duster should not be used as it merely scatters the dust. After wiping the furniture and floor, dip the dustcloth into a basin of soapsuds. Wash it well, rinse, and dry. Do not shake your dustcloth outside the window. It is unhealthy.


Dusting furniture

In sweeping the floor, begin from the sides and sweep toward the center of the room. Hold the broom close to the floor and take dirt along in short strokes. Long strokes will raise the dust. Go back frequently to catch the dirt that blows back. Gather the dirt into a pile in the center of the room and use a dustpan to collect it. Empty the dirt into a garbage can, and burn it. If you have a compost pit drop it there. Do not sweep dirt from one room to another.


Sweep floor towards center of the room

A few minutes after sweeping, when all the dust has settled, mop the floor. If the floor is of hardwood, it should be waxed or oiled. If it is of softwood, it should be scrubbed, rinsed and dried. Then it may be polished with banana leaves. This will leave the floor smooth, fresh and cool.

Bamboo floors are wiped clean and polished with banana leaves. They are the easiest to keep clean.

After the end of the day when the fire in the stove has died down and when all the cleaning-up is done, remove the ashes from the clay stove. With a soft brush made of coconut palm, brush the stove inside and around it. Arrange the fuel in the box. Left over fuel that has not burned out should be dipped in water to make sure it would not cause a fire. Collect ashes in a cracked pot or an empty can with fine holes at the bottom. Cover the ashes with water and let this drip into a container placed underneath. The liquid collected in the container is called lye. Lye may sometimes be used instead of soap.

When the daily cleaning is done, wash the brushes, brooms, mops and dustcloths in warm soapsuds; rinse them well and hang them up to dry. Then keep all the equipment in a cabinet.

Cupboards and cabinets where kitchen utensils are kept should be cleaned at least once a week. Begin cleaning from the top shelf and work downwards. First remove all the articles from one shelf at a time. Then dust and wipe each piece and put it on the table. Do not mix articles from different shelves.

Clean the shelves with warm soapsuds, rinse well and wipe dry. Leave shelves open for a little while to dry before putting back the articles in each shelf. This will prevent the growth of molds and unpleasant odors in the shelves.

For the walls and ceilings use a long broom or a long-handled brush covered with a piece of soft cloth. This will reach high up in the ceiling to wipe off dust and cobwebs. Change the cloth as often as it gets dirty and wash it well in warm soapsuds. Repeat the procedure until all the walls and ceilings are free from dust.

Here are some more suggestions to make housekeeping easier.

1. Before starting to work, have all the materials needed ready on the work table.

2. Avoid splashing water on the floor.

3. Use each equipment properly:
   a. The sink is for washing dishes and utensils, not for piling garbage.
   b. The table knife is for cutting food and not for trimming plants.

4. Use as few utensils as possible. To avoid soiling many cups, measure dry ingredients first, then the liquids, and lastly the fats and solids.

5. Clean as you work. Avoid piling up dishes and utensils in the sink.

6. Pour off grease while hot, and wipe pans with paper or banana leaves before washing them. Use a tray for carrying dishes from dining table to the sink.

7. Have pieces of old newspapers near the sink and work-table. They will come in handy for many purposes, like wrapping peelings, bits of food and fish entrails before these are dropped in the garbage can. Keep the can always covered.

8. Empty the contents of the garbage can at the end of each day into a garbage pit or burn them.

9. Remove stains from woodwork and cloths while still fresh.

10. Leave the kitchen neat, clean, and orderly at the end of the day.

Class Activities

1. Things to do

a. List the cleaning materials which you have at home and improvise some from discarded articles.

b. Show the class how to sweep or dust a room properly.

c. Show the class how to clean and polish the silver or some aluminum utensils.

2. Things to remember

a. Have the right tools on hand before beginning to work.

b. Protect food and clothing from dirt and dust during the cleaning up.

c. Sweep dirt with short strokes.

d. Do not sweep dirt from one room to another.

e. Use a soft dustcloth for wiping the furniture or other surfaces.

3. Word study

a. furniture
b. garbage
c. grease
d. sock
e. stain
f. chore
g. compost
h. splashing
i. liquid
j. solid

YOUR DISHWASHING JOB

Do you wash your dishes after each meal? Do you wipe them dry and stack them in shelves? Dirty dishes attract flies, cockroaches, and ants. Do not leave them unwashed or piled up in your sink. Dishwashing is a pleasant job when you set your heart to do it, and when the other members of the family take turns at it.

The following materials and equipment should be ready before dishwashing begins:

1. A small basin or dishpan with hot soapy water.
2. A rinsing pan with hot water.
3. A draining pan or tray for washed dishes.
4. Enough boiling water for washing and sanitizing.
5. Dishcloth for soaping dishes. For a dishcloth, any of the following may be used:

A piece of cloth, hemmed on all sides, strong, durable and with a rough texture.

A vegetable fiber (dried *patola*) sponge.

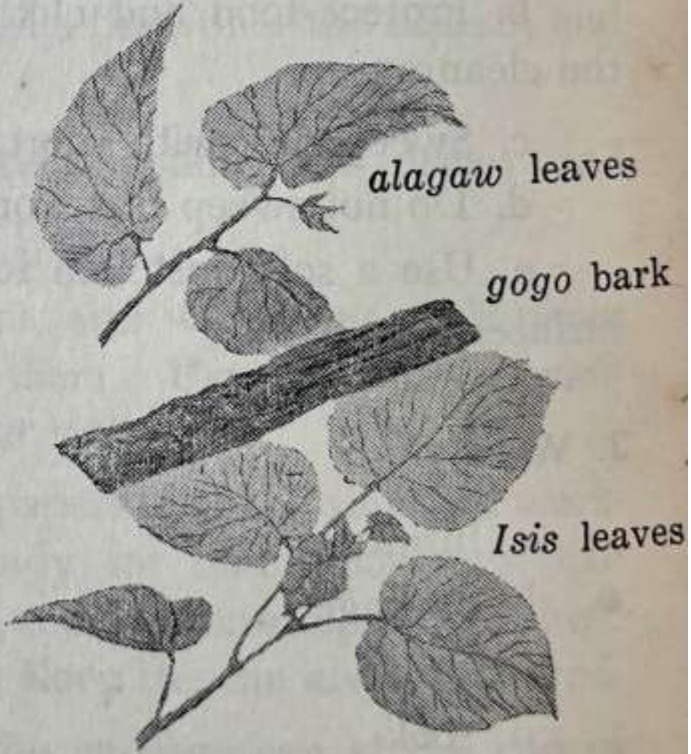
A piece of *sinamay* cloth, all sides hemmed.

A piece of toweling (from an old towel)

Isis leaves, a tropical plant with sandpaper-like leaves.

Gogo bark pounded until soft to loosen the fibers.

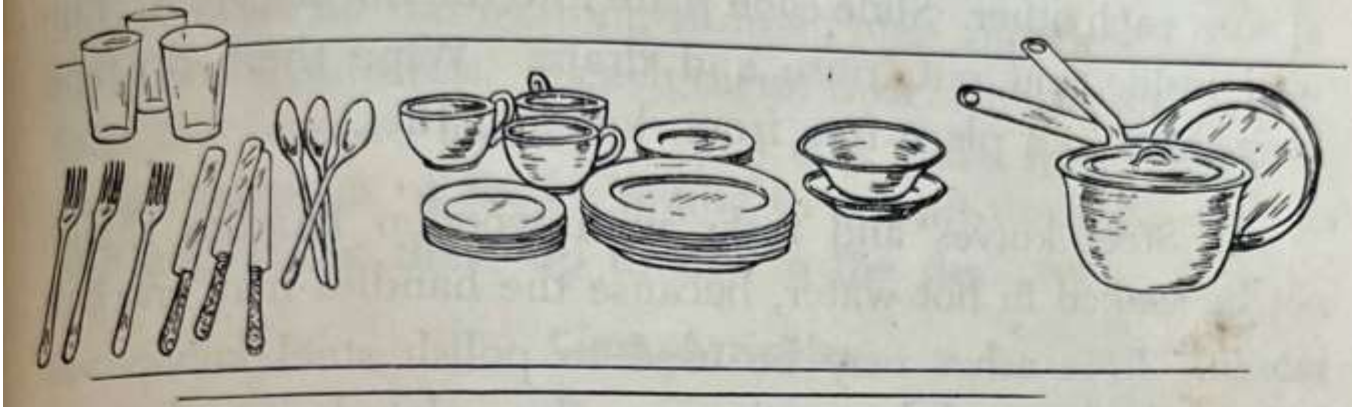
Alagaw leaves



Local cleaning materials

Dishtowels for wiping clean dishes until dry. Old clean shirts or slips may be used for this purpose. Boil them first before using.

After each meal, collect all equipment used and pile them near the sink on your right. Arrange them in the order of cleanest utensils first, such as; glasses, silver, china, and cooking utensils. Arrange your washing equipment at your left in the order of their use, such as dishpan with soapy hot water, rinsing pan with clean hot water, and the draining pan or tray.



Arranging dishes in proper washing order

Procedure in washing used dishes and utensils:

1. Pile plates of the same kind together. Scrape all bits of food from the plates. Wipe greasy plates with a piece of paper or banana leaf. Soak sticky dishes in rice water or hot water.

2. Rub enough soap on the dishcloth and have plenty of soapsuds. Soap each piece inside and outside thoroughly, rinse well, and set it on the draining pan top-side down, to drain. Wipe each piece, and stack the dried pieces in the shelves.

3. When washing glasses in hot water, roll each glass sideways into the dishpan to heat all sides evenly. Uneven heat will cause the glass to crack. Wash glasses one at a time. Do not wipe glasses. Set them on a clean place to dry.

4. Handle china with care. Plates chip off when knocked against each other. Slide each plate into the hot soapsuds. Rub well inside and out, rinse and drain. Wipe them dry and keep them in a place free from dust and flies.

5. Steel knives and forks with wooden handles should not be soaked in hot water, because the handles may crack or loosen. Fine ashes may be used to polish steel knives and forks and silver polish on silver or silver-plated utensils.

6. Do not scrape enameled utensils, such as saucepans, kettles and basins with a knife. If food is burned in them, soak them in water. If scraping is necessary, use a wooden spoon or steel wool. Then soap them well inside and outside, rinse, and leave in the sun to dry.

7. For aluminum utensils, use fine ashes or scouring powder to keep their luster. Rinse them well and wipe until thoroughly dry.

8. Wash tin and iron utensils and dry them thoroughly. When not in use, coat them lightly with cooking oil before putting them away. This will prevent their getting rusty.

9. Scrub wooden utensils, such as spoons, cutting board, bread board, and other wooden ware with a stiff brush and soap, and rinse well. They should be allowed to dry in the sun but not too long to warp the wood.

10. Use *isis* or *gogo* bark with soap to scrub native clay pots. Burnt food at the bottom of the pot may be removed by first soaking in water to loosen the burnt particles. If scraping is necessary, use an empty clam shell for the purpose. To prevent soot from sticking to a clay pot, rub the outside bottom part with soap before putting the pot over the fire.

11. After all the washing is done, soap and rinse the dishcloths and dishtowels. Bleach them, rinse, and dry in the sun. Soap the brushes and steel wool and shake them briskly to remove particles of food clinging to the bristles. Rinse them well and string them up to dry in the sun.

Class Activities

1. Things to do

a. Make a sketch of the soiled utensils in the order they are to be washed.

b. Make different kinds of dishcloths for home use from discarded materials.

c. Bring *isis, alagaw,* or *gogo* bark. Try using them in your school kitchen.

d. Demonstrate proper washing of dishes in your school kitchen.

2. Things to remember

a. Soak sticky dishes in rice water before washing them.

b. *Isis* leaves are a good substitute for scouring powder.

c. Boiling water and sunshine are good disinfectants.

d. The cleaner utensils should be washed first and greasy ones last.

e. Dishwashing may be assigned by turns to the younger members of the family.

3. Things to review

Cross out the word not belonging to the group:

a. *isis, alagaw, gogo* bark, broom
b. soap, ashes, dishpan, scouring powder
c. dishpan, rinsing pan, cabinet, draining pan
d. glasses, silver, garbage can, china, wooden ware
e. vegetable fiber, towel, *sinamay*, *isis*, *gogo* bark

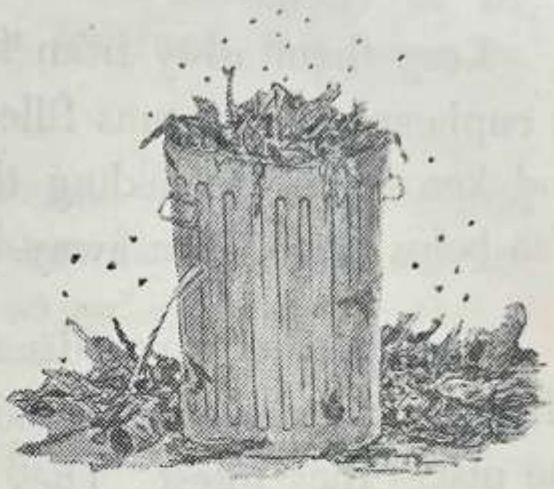
4. Word study

a. bleach
b. bristle
c. luster
d. rinse
e. scrape
f. soak

RID YOUR KITCHEN OF HOUSEHOLD PESTS

Some of the most common kitchen pests are ants, fleas, flies, mosquitoes, cockroaches, *anay*, rats, and mice. These pests endanger your health and destroy property. They live in dark, damp, and dirty places. Some live in pools of stagnant water, piles of garbage, decaying bodies of dead animals and empty cans. Cleanliness and sunshine will help keep them away.

The flies are the most dangerous of these pests. They carry typhoid, cholera, and other intestinal disease germs to your food. They breed in animal manure, human wastes, and decaying garbage. They multiply rapidly. Get rid of the breeding places by spraying them with lime, ashes, or sand. Keep your house and surroundings clean and sanitary. Bury your garbage, cover and bury manure, and burn all refuse.



An open garbage can be a source of household pests

Food and food odors attract flies. Keep all food where flies cannot reach them, or at least cover them. Swat the flies or trap them. A good trap is the fly paper.

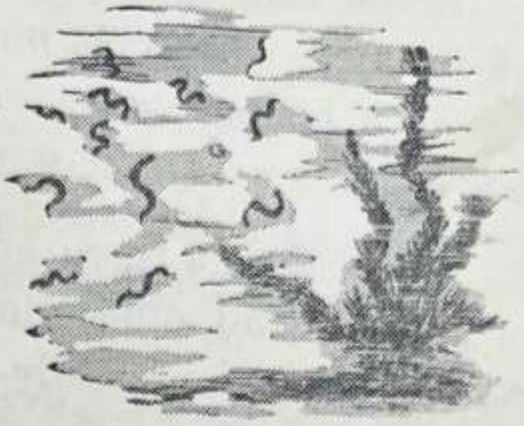
Fogging is another method of getting rid of flies. This is sometimes undertaken by the government. Large areas are fogged at a time, usually at night. Insecticides, like DDT, are also used against flies. Care should be observed in using DDT. Follow instructions on the label.

Ants are attracted by food. The little red ants crawl through seams of tables or cupboards and swarm over food and especially sweets. The best way to get rid of ants is to find their nest and destroy the eggs. Pour insecticide or boiling water where they breed or stick cotton pads soaked with petroleum in the cracks.

Keep them away from food by setting the legs of tables or cupboards in tin cans filled with a 50-50 mixture of water and kerosene. Sprinkling the ant's line of travel with salt also helps drive them away.

Cockroaches carry disease and dirt wherever they go. They give off an offensive odor which they leave on food and the places they infest. They roam and look for food at night. During the day, they hide in cracks, behind shelves and built-in cabinets that are seldom aired. They are attracted to dirty brushes, dishcloths, and wet rags.

Protect all food by covering them well or keeping them in insect-proof cabinets. Use food covers made of fine mess wire.



Mosquito wrigglers

Mosquito bites cause annoying itchiness, besides transmitting disease germs. Mosquitoes lay their eggs in stagnant water in tins, water tanks, bamboo fence posts, and dirty water from your kitchen drain that collect under your house. The eggs of the mosquito are hatched into wrigglers in 24 hours. They swim under the water for food, but come up to the surface to breathe.

To kill the wrigglers, pour kerosene on all surface and stagnant water. This will form a filmy layer on the surface of the water and thus prevent the wrigglers from breathing. Without air they die.

Destroy all breeding places of mosquitoes. Drain or fill up pools of stagnant water, barrels, and broken tanks where water stands. Or fill ponds with goldfish, *tilapia*, minnows, and other fish of the same type. These will eat up the wrigglers. Rid your surroundings of dead plants, weeds, and tall grass which are good hiding places for mosquitoes.

Fleas are carried into the house by household pets, like cats and dogs. They are also carried by rats and mice. They are carriers of germs of the bubonic plague. When a flea bites a diseased rat, the germs are taken in with the blood. When this same flea bites a person, the germs are then transmitted. The germs multiply rapidly until the person bitten suffers the disease.

House cats and dogs should be bathed often and their hair brushed. The rags on which these pets sleep should be dipped in boiling water. Naphthalene balls will help drive fleas away.

White ants or *anay* are pests that eat up the inside of posts, joists, and other timber of the house. Before you know it, your house is ready to fall. These termites work underground in colonies. They reach the wood through tunnels. Look for these tunnels and scrape them away. Scrape also the runs through which they crawl and rub them with petroleum or black tar. The part of the house that touches the ground is the part where most of these ants pass. It is a wise plan to set house posts on concrete or adobe foundation. Exterminators will rid your house of white ants for a fee.

Rats and mice are very dirty and destructive. They eat food and clothing and gnaw holes in the wood. All holes and openings in the house should be rat-proofed. Keep food beyond their reach. Bits of food and crumbs attract them and these should be swept away.

To get rid of rats and mice, use rat traps. These traps are baited with food. Sometimes rat poison is mixed with some food. This kind of bait should be placed where children cannot reach it. A good cat will help drive rats and mice away.

Utmost cleanliness and plenty of sunshine in the house and surroundings will help in controlling these pests.

Class Activities

1. Things to do

a. Give your house a thorough cleaning and airing. Spray the pest's hiding places with insect powder or DDT. Repeat this many times until all these insects disappear.

b. Give a report on your accomplishment to the class.

c. Make posters on how to rid your kitchen of pests and distribute these to your neighbors.

2. Things to remember

a. Protect all food from flies and cockroaches.

b. Stagnant water, dead plants, and piles of garbage are the favorite breeding places of these pests.

c. Pests are annoying; they are a menace to health.

d. Flies are the most dangerous pests.

e. Cleanliness in the home kitchen, and surroundings will keep these pests away.

3. Word study

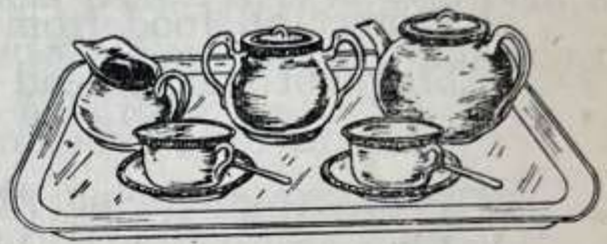
a. breed
b. bubonic plague
c. crack
d. germ
e. crevices
f. itch
g. pest
h. refuse
i. spray
j. transmit
k. offensive
l. stagnant
m. termites
n. control
o. naphthalene balls

Unit Six

YOUR PATTERN OF HOSPITALITY

In the Philippines, the days are long. Usually breakfast is taken early, lunch at midday, and supper soon after nightfall. Snacks are taken about ten o'clock in the morning and between three and four o'clock in the afternoon.

Your friends or neighbors often drop in for a visit at this time or on week ends. You always offer them something. It may be just a glass of ice cold *kalamansi, santol, guyabano,* or tamarind juice, or a plate of *puto* or *kutsinta* with *salabat,* or some sweet delicacies.



Coffee Service

There are also several kinds of *suman, puto, kalamay, tamales, palubog, biko* and other delicacies usually prepared at home which last for several days or even weeks. Some of these are offered as send-off gifts or as *pasalubong* to visitors.

If you live in a city or town where there is electricity, refreshments are easy to prepare. Cakes, cookies, fruit juices, or a variety of sandwiches may be served. Ingredients for these snacks are easily available at any store nearby. However, your native delicacies are always welcome. Serve them often.

Here are some recipes for these morning or afternoon snacks which you may want to prepare.

Bibingkang Pinipig

1-1/2 cups thin coconut milk
3 cups *pinipig*, soaked in a little water
a pinch of salt
1-1/2 cups brown sugar
3/4 cup pure coconut milk
1/4 tablespoon *anis*, toasted and powdered

Boil the thin coconut milk in a *carajay*. Add the *pinipig* and salt.

Lower the heat and add one cup sugar; stir well.

Line a clay oven with wilted banana leaf.

Transfer the *pinipig* mixture into it.

Level the top and pour the pure coconut milk.

Sprinkle the rest of the sugar and *anis* and bake until done. (Serves 8 to 10)

Puto

6 cups enriched rice, soaked overnight
1/2 cup cooked rice
4 to 5 cups water
starter (leavening agent)
6 cups sugar
3 teaspoons lye
1 coconut, shredded

Grind the raw and cooked rice together.

Add the leavening agent.

Let the mixture rise until it doubles its size.

Add the sugar and stir vigorously.

Let it rise again until it has doubled in bulk.

When you stir the dough and it does not settle down, but continues rising, it is ready for cooking.

Prepare the steamer (*lansungan*). Line it with cheesecloth. Place it in a vessel with water and cover. Let the water boil.

Stir the lye into the rice mixture and pour into the steamer. Cover and cook for 30-45 minutes.

Serve with freshly grated coconut. (Serves 12 to 15)

Suman Cassava

latik from the milk of one coconut
3 cups *cassava* grated
1-1/2 cups grated coconut
2 cups sugar

Extract thick milk from 1 cup grated coconut.

Put into a *carajay* and bring to a boil.

As the oil comes out remove the solids called *latik*.

Add all the ingredients together and mix well.

Wrap 2 to 3 tablespoons of the mixture in two layers of wilted banana leaf. Add *latik* and wrap well.

Tie the *suman* by two's and boil until done. (Serves 8 to 10)

Cassava Bibingka

4 cups grated *cassava*
2 tablespoon melted butter
2 cups coconut milk
2 eggs

2 cups brown sugar
1 teaspoon salt
1/2 cup pure coconut milk
1 cup grated young coconut

Mix all ingredients except the pure coconut milk and grated coconut.

Pour in greased baking pans or clay ovens lined with wilted banana leaf.

Add grated coconut and pour the pure coconut milk on top. Sprinkle with sugar.

Bake for 40 to 45 minutes.

Serve with freshly grated coconut. (Serves 10 to 12)

Putomaya

(See recipe in Unit Three)

Kutsinta

4 cups enriched rice, soaked in 4 cups water overnight	4-1/2 cups sugar
1/2 cup cooked rice	3 eggs
	3 teaspoons lye
	1 big can milk, evaporated

Grind the raw and cooked rice together.

Combine the milk, sugar, and slightly beaten eggs.

Stir the ground rice with the milk mixture.

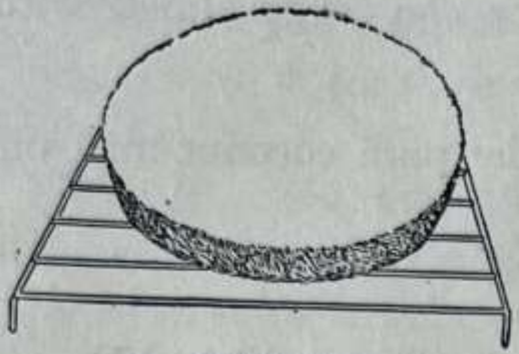
Add lye and mix well.

Cook in the same way as *puto*.

Serve with freshly grated coconut. (Serves 10 to 12)

Note: With milk and eggs, kutsinta will be more tasty.

Bibingkang Malagkit


Bibingka

- 2-1/2 cups thin coconut milk
- 2 cups enriched *malagkit* washed and drained
- 1 teaspoon salt
- 1-1/2 cups brown sugar
- 3/4 cup pure coconut milk
- 1/2 teaspoon *anis*, toasted and powdered

Boil the thin coconut milk in a *carajay*.

Add the *malagkit* and salt and cook until dry, stirring once in a while to prevent burning.

Lower the fire and stir in 1 cup of the sugar. Cook until rice is almost done.

Line a clay oven with wilted banana leaf.

Pour the rice into the clay oven and level the top smoothly.

Mix the remaining sugar with the pure coconut milk and pour over the *bibingka*.

Sprinkle top with *anis*.

Brown under a tin sheet with live charcoal on top.

Transfer to a tray and serve hot or cold. (Makes 6 to 8 servings)

Sinukmani

- 4 cups thin coconut milk
- 1 cup pure coconut milk
- 5 cups enriched *malagkit*, washed and drained
- 1 teaspoon salt
- 2 to 3 cups brown sugar

Boil the thin coconut milk, then add the pure one. Cook until milk curdles.

Add the *malagkit* and salt. Boil and cook slowly until all the liquid is absorbed.

Stir once in a while to keep from scorching.

Lower the fire; cover the pan with banana leaf. Make the cover tight.

Cook slowly until rice is done. Serve with sugar. (Serves 15)

Suman sa Lihiya

3 cups enriched *malagkit*
2 tablespoons lye
Grated coconut and sugar

Soak the *malagkit* until grains are swollen
Drain out all the water
Stir lye into the *malagkit*.

Wrap three tablespoons of the *malagkit* mixture in two layers of banana leaf.

Tie *suman* by pairs.

Arrange the pairs by layers in the pot.

Add enough water to cover.

Boil for about 2 hours or until *suman* is done.

Serve with grated coconut and brown sugar.

(Makes 8 to 10 servings)

Pinipig Kalamay

3 cups *pinipig*
1 cup thin coconut milk
2 cups rich coconut milk
1-1/2 cups sugar
1/2 teaspoon toasted and powdered *anis*

Soak the *pinipig* in 1 cup thin coconut milk for 30 minutes.

Boil the rich coconut milk with sugar.

Add the *pinipig* and *anis*; stir while cooking until mixture is dry.

Lower the fire, cover tightly, and let cook slowly until done.

Transfer to a shallow pan or *bilao* lined with wilted and oiled banana leaf.

Smooth to an even thickness and cut into serving pieces.

Serve with freshly grated coconut or coconut toast. (Serves 8 to 10)

Coconut Toast

Measure the grated coconut from which the milk has been extracted.
Add 2/3 cup sugar for each cup of coconut.
Toast the mixture in a hot pan until brown, dry, and crisp.

Suman sa Ibus

1-1/2 cups enriched *malagkit*
1 cup thick coconut milk
1 teaspoon salt

Soak *malagkit* in water until grains are swollen.

Drain and mix with coconut milk and salt.

Prepare *buri* tubes for casings.

Fill each casing with the *malagkit*, two thirds full.

Close the opening by pinning it with a piece of buri midrib about one third the size of a toothpick.

Tie each *suman* securely with strips of *buri*.

Arrange *suman* in a kettle and add enough water to cover.

Boil for 2 hours.

These *suman* may be eaten with brown sugar, sweets, or with ripe mangoes when these are in season. (Serves 6 to 8)

Espasol

4 cups enriched *malagkit* (or equal parts of *malagkit* and *pinipig*)
1-1/2 cups brown sugar
3 cups coconut milk
1 teaspoon grated rind of lime
1/2 teaspoon salt

Toast the *malagkit* until brown and grind into flour.

Set aside one cup flour for dredging.

Boil the sugar and coconut milk and add the rind of lime and salt.

Add the rice flour, stirring continuously and cook until thick and sticky.

Remove from the fire to cool.

Roll thin on a floured board and cut into serving pieces.

Dredge pieces with the rice flour and serve. (Serves 10 to 12)

Palitaw

3 cups enriched *malagkit*, soaked for at least 3 hours
4 cups water for soaking
grated coconut
toasted *linga* powdered and added to
1 cup brown sugar

Grind the soaked *malagkit* very fine and put into a cheese cloth bag.

Hang up the bag to allow excess water to drain.

Form the dough into balls the size of small guavas.

Boil water in a kettle.

Flatten each ball, stretching it a little lengthwise.

Drop the pieces into boiling water. When they float, they are cooked.

Remove from the water and roll in grated coconut.

Serve with sugar to which powdered *linga* has been added. (Serves 8 to 10)

Butse

6 cups enriched *malagkit*, soaked, ground fine, and put into a cheesecloth bag
1 chupa mongo, boiled and mashed with
1 cup brown sugar

Hang up ground *malagkit* to drain all the water.

Form mashed mongo and sugar into balls.

Form dough into balls, then flatten between the palms of the hand until thin.

Wrap these over balls of mongo.

Fry in hot fat until brown. (Serves 20)

Maruyang Saging

6 *saba*, split lengthwise
1 cup thick *galapong* (thick batter of enriched rice flour)
lard for frying
1/2 cup brown sugar

Dip *saba* slices in *galapong*.

Arrange split bananas by two's or three's in a saucer.

Put 2 to 3 tablespoons of *galapong* over the bananas.

Slip into deep hot fat and fry until brown.

Serve with sugar. (Serves 4 to 6)

Maruyang Kamote

2 cups enriched flour, sifted
4 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
2 eggs
1/2 cup milk
3 cups *kamotes* boiled and smashed

Sift and mix all dry ingredients.
Add the other ingredients in the order given.
Stir well.
Fry by spoonfuls in hot fat.
Roll in sugar and serve. (Serves 16 to 18)

Golloria

1 egg, beaten
1/4 cup milk
2 cups enriched flour, sifted with
1/2 teaspoon salt and
1 teaspoon baking powder

Add the beaten egg and milk to the flour mixture.

Mix thoroughly and knead.

Roll dough on floured board to about 1/2 inch thickness.

Cut into strips and divide strips into tiny portions.

Roll each portion with the thumb on a *golloria* pad until it coils and forms a spiral-shaped shell.

Fry in deep fat; drain in paper napkins.

Drop the *gollorias* in thick syrup, stirring continuously until well coated with sugar.

Cool and serve. Or pack in clean sterilized jars. (Serves 10 to 12)

Empanada

Pastry:

4 cups flour, sifted
1/2 cup sugar
2 eggs
3/4 cup water
1/3 cup sugar
1 teaspoon salt

Mix all ingredients together with two knives.

Knead with the fingers and roll on a floured board until desired thickness is obtained. Cut into circles 5"-6" in diameter.

Filling:

2 tablespoons lard
2 cloves of garlic, minced
1 onion, chopped
1 tomato, chopped
1/2 kilo ground pork, lean
salt and pepper to taste
1 small can peas
1 small box raisins
lard for frying

Saute the garlic, add the onion, tomato and pork. Cover and cook until done.

Season with salt and pepper.

Add the peas and raisins and cook until done.

Put a spoonful of meat mixture in the center of each pastry wrapping.

Fold at center and press the edges together, taking care to close the sides securely.

Fry in hot fat or bake until golden brown.

(Makes 20 to 22 *empanadas*)

Polvoron

2 cups toasted enriched flour, mixed with
1/2 cup melted butter and
1/2 cup powdered sugar
1/2 cup powdered milk (if desired)

Use a chocolate molder; fill this with the toasted flour mixture, packing tightly.

Draw out *polvoron* from mold and wrap in colored paper. Serve attractively. Or keep in a *garafon* for future use. (Serves 8 to 10)

Cassava flour may be used instead of wheat flour.

Grated cheese or powdered milk may be added to the mixture if desired.

FRUIT JUICES

Kalamansi-Ade

12-15 average-sized *kalamansi*
5 cups water, iced
10 tablespoons brown sugar

Squeeze the juice from *kalamansi* and strain.

Dissolve sugar in water and add juice.

Serve cold. (Makes 6 glasses)

Green Mango-Ade

Pare and grate one green mango. Soak grated mango in 4 cups water. Add sugar to taste. Set aside for 30 minutes. Serve cold. (Makes 6 glasses)

Pineapple-Kalamansi-Ade

Pare and chop fine, one medium-sized pineapple. Add 2 to 3 *kalamansi* juice. Add 3 cups of water and sugar to suit your taste. Serve cold (Make 6 glasses)

Santol-Ade

6 good-sized *santol*
5 cups water, iced
6 tablespoons brown sugar

Pare *santol* and chop around flesh without breaking up the fruit.

Work fast before fruit becomes discolored.

Dissolve sugar in water and add chopped *santol*.

Mash *santol*, using the back of the spoon.

Serve cold. (Makes 6 glasses)

Orange-Ade

5 to 6 native oranges
6 tablespoons sugar
ice cubes

Squeeze the juice of two oranges and strain into a glass.

Add 6 tablespoon sugar and mix well.

Add enough ice cubes to fill the glass.

Serve. (Makes 4 servings)

Tamarind-Ade

Shell a handful of ripe tamarinds.

Pour two cups boiling water over them.

Cover and leave to cool.

Strain and sweeten to suit the taste.

Salabat (ginger tea)

4 cups water
1/2 inch ginger, sliced thin
5 tablespoons brown sugar or *panutsa*

Boil the water, sugar and ginger.

Strain into cups and serve hot.

Guyabano Juice

1 average-sized ripe *guyabano*
6 *kalamansi*
10 tablespoons sugar
5 cups water

Peel and mash the *guyabano* and strain the juice.

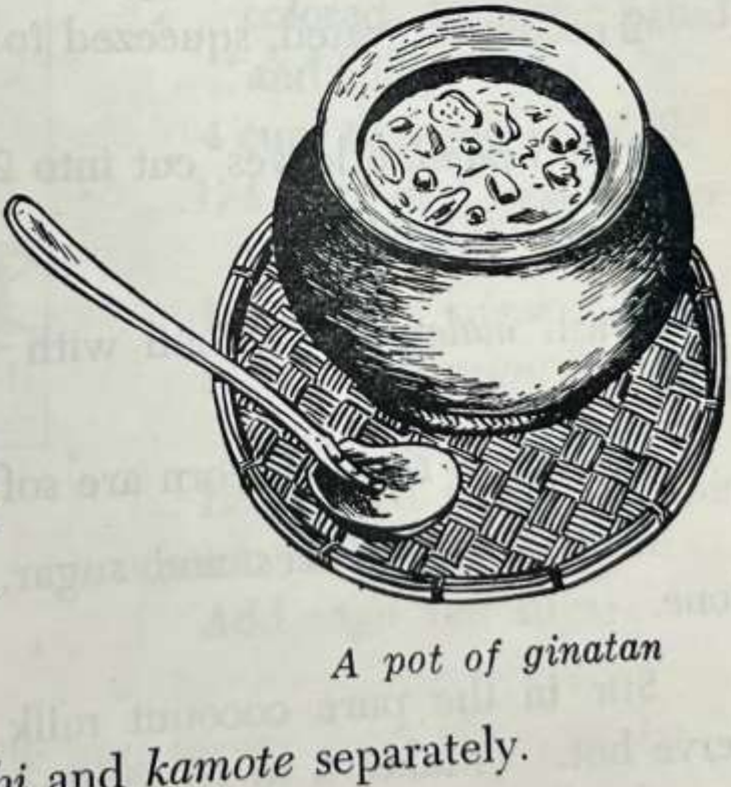
Add the juice of the *kalamansi*, water and sugar. Mix well.

Serve with crushed ice. (Makes 6 servings)

GINATAN RECIPES

Ginatang Halo-halo

1/5 kilo *kamote*
1/5 kilo *gabi*
3 *saba bananas*
a slice of *langka*
1/4 cup *sago*
2 coconuts, grated and squeezed to make 1 cup pure coconut milk and 4 cups thin coconut milk.
1-1/2 cups sugar
a few grains *anis*



A pot of ginatan

Pare and dice the *gabi* and *kamote* separately.

Peel and slice the *saba*.

Clean and remove inedible portion from *langka*.

Soak *sago* in enough water to cover.

Extract the pure milk from the coconut and set aside.

Extract the coconut milk 2 more times, adding 2 cups water each time to get the thin coconut milk.

Boil the thin coconut milk; add the *gabi*.

When almost done, add the *kamote, saba,* and *langka.*

Cook until done.

Add the *sago* and sugar. Boil until thick.

Sprinkle *anis* on top. Add the pure coconut milk and serve. (Makes 8 to 10 servings)

Corn Ginatan

1 cup enriched *malagkit*

6 ears yellow corn, scraped off the cob

2 coconuts, grated, squeezed to: 1 cup pure coconut milk
4 cups thin coconut milk

2 to 3 *pandan* leaves, cut into 2-inch lengths

1-1/2 cups sugar

Wash *malagkit* and boil with corn in the thin coconut milk.

Cook until rice and corn are soft.

Add *pandan* leaves and sugar. Continue cooking until done.

Stir in the pure coconut milk. Remove from the fire. Serve hot. (Makes 8 to 10 servings)

Mongo Ginatan

1/2 cup mongo, toasted, cracked, and winnowed

1 cup *malagkit*, washed once

4 cups thin coconut milk

2 to 3 *pandan* leaves cut into 2-inch lengths

1-1/2 cups sugar

1/2 cup pure coconut milk

Boil toasted *munggo* and enriched *malagkit* in the coconut milk until soft.

Add the *pandan* leaves and sugar.

Cook until done.

Add the pure coconut milk and serve hot. (Makes 10 to 12 servings)

Alpajor

Cooking alpajor

1/2 kilo yellow and purple colored *kamote*, pared and sliced

4 cups thin coconut milk

1/4 cup *sago*, soaked until swollen

1-1/2 cups sugar

1/2 cup pure coconut milk

Boil sliced *kamote* in thin coconut milk.

Add *sago* and sugar.

Cook until done.

Add pure coconut milk and serve.

(Makes 8 to 10 servings)

Bilo-bilo Ginatan

1 cup enriched *malagkit,* soaked in 1 cup water
1/5 kilo *ubi*
1/5 kilo *gabi*
a slice of *langka*
4 cups thin coconut milk
2 cups sugar
1/2 cup pure coconut milk

Prepare the *malagkit* as in *palitaw.* Form into balls the size of marbles. Set aside.

Pare and dice the *ubi* and *gabi.*
Clean the *langka.*
Boil *ubi, gabi* and *langka* in thin coconut milk.
When done, add the *bilo-bilo.*
Continue cooking until done.
Add the sugar.
Add the pure coconut milk and serve.
(Serves 12 to 15)

Class Activities

1. Things to do

a. Make *suman sa lihiya,* using enriched *malagkit.*
Wilt banana leaves.
Prepare the malagkit.
Wrap and cook the *suman.*
Serve *suman* in class or bring them home.

b. Talk about the finished project.
Was the project successful?
Was it economical?
Was it enough?
Was it wholesome?
Was it delicious?

2. Things to think about

a. How can you have enriched *malagkit* when this is not available in the market?

b. What is Premix rice?

c. What is the correct proportion of Premix rice and *malagkit* to enrich it?

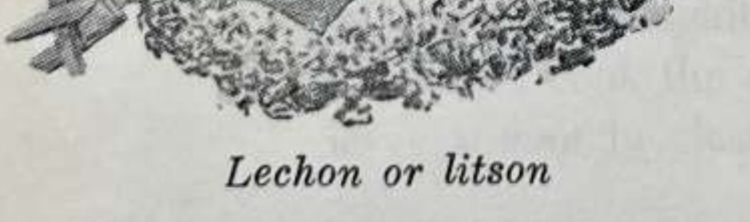
3. Word study

a. hospitality
b. snacks
c. delicacies
d. lye
e. coconut toast
f. casing
g. midrib
h. dough
i. batter
j. enrich

THE TRADITIONAL FAMILY GET-TOGETHER

Filipinos maintain strong family ties. During birthdays, anniversaries, *fiestas,* and Christmas holidays, relatives get together and celebrate. On these occasions, children, parents, grandchildren, uncles, aunts, nieces, and nephews come in groups to the old family home. The old folks joyfully look forward to these gatherings. They are always ready with their favorite and fancy dishes. The Christmas Eve celebration is typical of these gatherings which are also family reunions. Food is served after the Midnight Mass or *Noche Buena.* This is called *media noche* snacks. The family and relatives sit down together at a table laden with Filipino delicacies, sweets, fruits, and nuts. During *fiestas,* birthday and wedding anniversaries these celebrations become gala affairs. Friends and distant relatives are also invited.

On these occasions, such dishes as *lechon de leche, morcon, mechado, pastel, embutido, estofado, relleno, caldereta, jamon en dulce,* and *galantina* are served lavishly. And the expenses incurred in such parties sometimes "eat up" the whole year's savings.



Lechon or litson

The recipes for these dishes have been handed down from generation to generation without a recipe book. Some of these recipes are given in this chapter.

Lechon de leche

The recipe for lechon de leche calls for a young pig usually a suckling, butchered, dressed, and trussed to a bamboo pole and roasted for 2 to 3 hours over live coals.

When done, the skin is golden brown and crisp, and the meat is juicy and very delicious. It is served with a sauce made of the pig's liver. Here is the recipe for the *lechon*.

1 pig, 2 to 3 months old
a bunch of tamarind leaves or strips of banana leaves
enough salt to season

Butcher and clean the pig.

Remove the internal organs by slitting the abdomen open.

Wash and rinse well. Drain.

Salt the pig thoroughly inside.

Truss to a long bamboo pole.

Fill the abdominal cavity with tamarind or banana leaves, then sew up the opening.

Turn round and round over live coals for about 2 to 3 hours or until meat is tender and the skin is crisp. The fat oozing out of the butchered pig as it is roasted is used to baste the skin of the pig while it is being cooked.

Remove from the pole and cut up into serving pieces. Serve with liver sauce. (This lechon will serve around 25 to 30 persons.)

Liver Sauce or Sarsa

Pig's liver, broiled rare, cut into pieces and pounded fine
1 cup water
1/2 cup chopped onion (preferably the local variety)
1 cup vinegar
1 tablespoon salt
1/2 teaspoon powdered black pepper

1 head garlic, minced
1/2 cup sugar
1 cup toasted breadcrumbs, powdered fine
1 tablespoon *kasubha,* toasted.

Pound or grind the liver fine.

Mash with water and strain.

Pound again with the onions.

Mash and strain again.

Mix the vinegar, salt, and sugar.

Saute the garlic until brown.

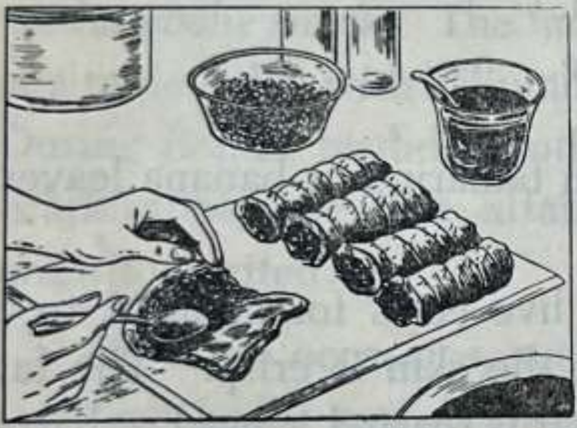
Add the vinegar mixture and boil without stirring.

Then add the liver and breadcrumbs, stirring continuously to prevent the forming of lumps.

Cook until done.

Season with pepper and *kasubha* and serve with the *lechon.*

Morcon



Preparing morcon

This is a meat dish. Layers of thinly sliced beef are soaked in *toyo* and *kalamansi* juice. These are then formed into rolls with a mixture of ground pork and other meats, pickles, strips of pork fat, and spices in between. The rolls are wrapped in *sinamay*, tied securely, and then stewed in tomato sauce, onions, garlic, and laurel leaf. *Morcon* is of Spanish origin. Here is the recipe:

1 kilo lean beef, (preferably the round) sliced thin and wide. (Will make 2 rolls)

1 tablespoon *kalamansi*
1 tablespoon *tuyo*
6 strips of pork fat

2 *chorisos de Bilbao* (Spanish sausage) halved lengthwise
6 slices of ham or bacon
2 hard-cooked eggs quartered
1/4 cup sweet mixed pickles
2 tablespoons grated cheese
(*queso de bola*)
1/2 cup tomato sauce or 4 tomatoes, chopped
1 onion, chopped
2 cloves garlic minced
3 cups water or stock
1 laurel leaf, torn into pieces
salt and pepper to taste
1 tablespoon cornstarch or bread crumbs

Soak the meat in *toyo* and *kalamansi* juice for 15 minutes.

Spread the meat out on a flat surface.

Arrange the strips of fat, *choriso*, ham, quartered eggs, and sweet pickles side by side on the meat and sprinkle with grated cheese.

Roll tightly, keeping the stuffing well inside.

Tie around with a thick thread or wrap in a piece of *sinamay*.

Cook slowly in a covered container with tomatoes, onion, laurel, garlic and 2 cups water or stock.

Season with salt.

Cook until meat is tender.

Remove from the fire and set aside to cool.

Strain the liquid and thicken with cornstarch or breadcrumbs. Serve this as sauce for *morcon*.

Fry *morcon* and slice into serving pieces before serving.

Ground pork seasoned with spices may also be used for stuffing with strips of pork, ham, and *chorizo*.

(Serves 15 to 18 persons.)

Lengua Mechada

This is another Spanish recipe. Beef tongue is used with strips of spiced fat inserted through the meat. The meat is cooked until tender, then sliced and served in its own sauce. The recipe is as follows:

1 beef tongue (about 2 kilos)
4 strips of fat or bacon, spiced
salt and pepper to taste
3 tablespoon *toyo*
1 teaspoon *pimenton*
5 tablespoons margarine
1 can tomato sauce or 4 to 6 tomatoes, diced
a pinch of mustard
5 cloves garlic, minced fine
1/2 cup white wine
4 cups water
1/2 bottle olives
1 laurel leaf

Wash and scald the tongue until the white lining can easily be scraped off.

Season the strips of fat with salt, pepper, *toyo*, and *pimenton*.

Pierce the tongue lengthwise with a pointed knife and insert the strips of fat or bacon.

Fry the tongue in margarine until brown.

Add the tomato sauce, mustard, garlic, *pimenton*, *laurel*, white wine, remaining *toyo*, and pepper.

Cover with water and simmer until tender and almost dry.

Add the olives.

Slice and serve in its own sauce. (Serves 20 to 24 persons)

Chicken Pastel

This dish is often served at family gatherings. The gravy, the chicken, and the crust for chicken *pastel* need careful preparation to come out just right. Here is how it is done.

1 young chicken, dressed and cut into pieces
juice of one lime (*dayap*)
3 tablespoons *toyo*
1 *choriso* de Bilbao, sliced
4 tablespoons margarine
3 hard-cooked egg, sliced
1 small can peas, drained from the can
1 can Vienna sausage, sliced diagonally

Put the chicken in a bowl; add lime juice and toyo. Let stand for 15 minutes.

Fry the chicken and *choriso* in margarine until brown.

Turn the chicken into a *pastelera* (pyrex baking dish).

Arrange egg slices, peas, and Vienna sausage on top of chicken.

Pour the gravy over the mixture.

Cover top of baking dish with the pie crust. Press down the edges.

Bake in a moderate oven until brown.

Serve direct from oven. (Serves 10 to 12)

Pie Crust

(Use recipe for *empanada* pastry.)

Gravy for Chicken Pastel

Make a medium white sauce, using chicken stock, flour and milk. For every cup chicken stock add 1 tablespoon of flour dissolved in one tablespoon of milk. Season with salt and pepper.

Embutido

This dish is quite easy to prepare. It may be served hot or cold. It may be left in a cooler overnight and served cold for breakfast. Or it may be fried and served hot for lunch or supper.

The ingredients for *embutido* are as follows:

1 kilo lean pork, ground
1 egg, raw
2 eggs, hard-cooked, quartered
2 pieces *pan de sal*, shredded fine
3 tablespoons sweet pickles, chopped
1 small box raisins
salt and pepper to taste
leaf lard for wrapping

Mix all ingredients except the hard-cooked eggs and leaf lard.

Wash, clean, and drain the leaf lard.

Spread and cut leaf lard to two pieces.

Form the meat mixture in rolls in the center of each piece of leaf lard. Insert quartered eggs in the mixture.

Wrap each roll securely with the leaf lard.

Place rolls in a *carajay* with enough stock or water to cover, and salt to taste.

Boil, then simmer for 1 hour.

Remove from stock. Fry, and set aside to cool.

Serve with sauce made from stock thickened with cornstarch.

Makes two rolls of *embutido*. (Serves 12 to 16)

Caldereta

This recipe makes use of goat's meat and is very popular in many provinces. This is a highly seasoned dish and is usually served with wine as *pulutan* or *sumsuman*. Chicken, beef, and pork may be used instead of goat's meat.

1/2 cup lard or olive oil
3 cloves garlic, minced
1 onion, sliced
3 tomatoes, sliced
1 kilo goat's meat (or any kind of meat), cut into cubes.
1 small hot pepper (*labuyo*)
4 potatoes, quartered
liver mixture
1 small can peas
1 small can *pimiento*
salt and pepper to taste

Saute the garlic, onion, and tomatoes.

Add the meat; season with salt, pepper and hot pepper.

Cook until meat is browned, then transfer the mixture to a kettle (or any vessel with cover).

Add boiling water or stock enough to cover the meat.

Bring to boil.

Then lower the fire and simmer mixture until meat is tender.

Add the potatoes and cook until soft.

Stir in the liver mixture to thicken the sauce.

Add the peas and pimientos. Serve hot.

(Makes 10 to 12 servings)

Liver mixture for Caldereta

1/10 kilo of liver, cooked rare
2 tablespoons vinegar, diluted with
1/2 cup water
2 tablespoons breadcrumbs, toasted
salt, sugar and pepper to taste

Dice and grind the liver fine
Mash with the water-vinegar mixture. Strain
Add the breadcrumbs, salt, pepper, and sugar.
Use liver mixture to thicken sauce.

Jamon en Dulce

This recipe calls for ham served with thick caramelized syrup or browned with a coating of caramel sugar. Usually, ham imported form China is used, but locally made ham is just as good. This is a very elaborate dish and quite expensive. The recipe is as follows:

1 leg ham (about 2-1/2 kilos), washed and scrubbed.

1 cup vinegar or pineapple juice mixed with enough water to cover ham

1 cup sugar

1 cup *anisado* wine

Spices:

2 cloves

a pinch of cinnamon

1 head garlic, minced

3 to 5 sprigs *oregano*

2 laurel leaves, torn to pieces

caramel sugar or syrup

Boil ham in water and vinegar.

Change the water and boil ham again with the spices, sugar and wine.

Simmer until ham is tender.

Transfer to a platter and peel off the skin.
Coat with caramel sugar.
Press surface with a very hot turner (*siyansi*) to brown.
To serve, slice into thin pieces. (Serves 20 to 35)

Chicken *Mole* (*Pipian*)

This is a delicious and very rich dish. Because of its richness some kind of relish should go with it.

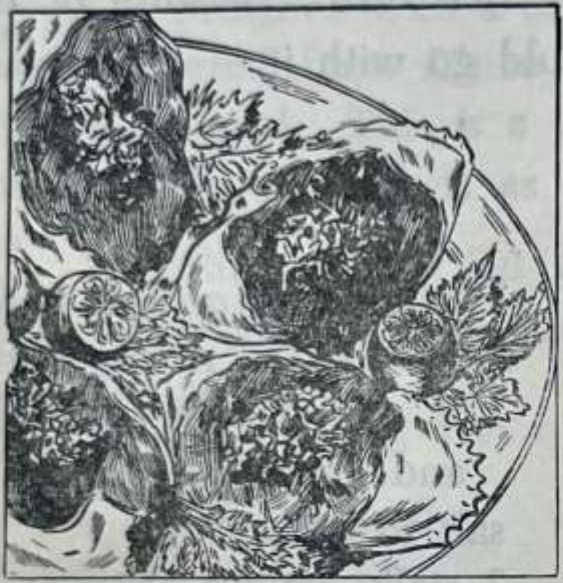
Recipe:

1 full-grown hen, dressed and cut into serving pieces
1 slice ham with bone
2 tablespoons lard
3 cloves garlic, minced
1 onion, sliced
2 cups chicken stock
3 tablespoons *astuete* water
1 cup toasted rice, ground
1/2 cup peanuts, toasted and ground
salt to taste
3 stalks young onions, chopped
1 cup sauteed *bagoong*

Boil the chicken and ham until soft. Save stock.
Saute the garlic and onion in lard.
Add the chicken, stock and *atsuete* water.
Blend ground rice and peanuts in a little water.
Add this to the chicken, stirring continuously.
Season with salt.
Boil until done; garnish with green onions.
Serve with *bagoong*. (Serves 16 to 20)

Torta de Cangrejo

This recipe is suitable when crabs are in season and on the days when the moon is full. The crabs are fat and fleshy on these days. Otherwise, the dish will be expensive. Here is how this dish is done:



Torta de Cangrejo

6 crabs (*alimango* or *alimasag*) boiled but not overcooked.
lard for frying
2 cloves garlic, minced
1 onion, chopped
2 tomatoes, chopped
salt and pepper to taste
1 to 2 stalks young onion, chopped
3 eggs, beaten
2 tablespoons powdered breadcrumbs

Shell the crabs and flake the meat.
Clean the head shells and set aside.
Saute the garlic, onion, and tomatoes in a little lard.
Add the crabmeat and season with salt and pepper.
Add the young onions and remove from the fire.
Mix a little egg with the crabmeat.
Fill each shell with this mixture, packing firmly.
Dust top with breadcrumbs and dip in beaten eggs.
Fry in hot fat. Serve.
(Makes 6 servings)

Camaron Rebosado

This is a favorite dish among people living near lakes and fishponds, where shrimps abound. The dish is served to offset too much meat in the meal. *Camaron rebosado* is prepared this way:

12 fresh big shrimps
salt and pepper to taste
2 eggs, well beaten
2 tablespoons breadcrumbs
lard for frying

Shell the shrimps without detaching the head and tail.
Cut a slit along the back lengthwise. Remove the threadlike intestine with its black contents.
Trim the head of pointed ends.
Season with salt and set aside.
Beat the eggs until creamy.
Roll each shrimp in breadcrumbs and dip in beaten egg.
Fry in hot fat until brown.
Serve with sweet-sour sauce. (Serves 6 to 8)

Estofado

This dish uses roosters. They are fattened and finally end up on the family table in the form of a very delicious dish. *Capon* meat cooked until tender is a dish you seldom have. *Capon* meat comes from caponized chickens. Try this recipe. You will like it.

1 fattened rooster or *capon*, dressed and cut into big pieces.

1 big pork shank, cleaned and disjointed
3 cups vinegar, diluted with 3 cups water
1 cup sugar
1 tablespoon salt
1 cup white wine
1 head garlic, crushed with the skin
3 sprigs oreganum
2 cloves
6 ripe *saba* bananas, cut into halves

Put the pieces of chicken and pork shank in a bowl.

In another bowl, mix and blend the water, sugar, vinegar, salt and wine.

Add the spices to this vinegar mixture.

Line the bottom of an earthen pot with an *asad* (thin strips of sugar cane criss-crossing each other to form a support for the meat so it does not touch the bottom of the pot).

Arrange the pieces of meat on the *asad*.

Put the pieces of bananas on top of the meat.

Pour the vinegar mixture over the meat mixture.

Cover the mouth of the pot with banana leaves and then with old newspapers. (The cover should overlap the mouth of the pot.)

Tie the cover tightly to keep the steam from escaping while cooking.

Cook slowly for about 2 to 3 hours.

When done, it gives off a delicious odor. It is then ready for serving. (Serves 25 to 30 persons)

Some people prefer to eat their *estofado* the day after it is cooked.

Lampriado

(Fried ox brain)

This is a simple way of cooking ox brain. The dish is rich and nourishing. Here is how to do it.

1 ox brain
salt and pepper to taste
2 eggs, beaten until creamy
1/2 cup powdered breadcrumbs
lard for frying

Remove the fine veins and film covering the ox brain.
Wash well and drain.
Boil for 5 minutes in salted water.
Drain and slice into 1/4-inch thickness.
Sprinkle lightly with salt and pepper.
Dip slices in well-beaten eggs and roll in breadcrumbs.
Fry until golden brown.
Serve hot. (Serves 8 to 10)

Galantina

Galantina is the same version of chicken *relleno.* The difference is in serving. *Galantina* is left to chill in the refrigerator for one day and then it is sliced and served cold.

Kari-kari

This is not really a special dish, but it happens to be a favorite.

The main ingredients vary. The choice cuts for the dish are: *pata, goto, gilagid, buntot, bituka, punta de pecho, kamto*, and sometimes chicken or pork meat. Below is one way of cooking this dish:

1 kilo of any or a combination of the above cuts of meat
3 cloves garlic, minced
1 onion, sliced
2 tablespoons fat
3 tablespoons *atsuete* water
1/2 cup toasted peanuts ground to a paste
1/2 cup toasted rice, powdered
3 eggplants, cut into thick strips
1 bundle *sitaw* (around 12 strings)
1 young banana bud, sliced crosswise
enough *bagoong* for sauce

Wash the meat carefully.
Cover with enough water and boil.
Lower the fire and simmer until meats are tender.
Remove the meat from the stock; cut into serving pieces.
Saute the garlic and onions in fat.

Add the meat and *atsuete* water; cook for 5 minutes stirring every now and then.
Add the peanuts and ground rice.
Transfer the mixture to the kettle with the stock.
Season with a little salt.
Add all the vegetables and cook until done.
Serve hot with *bagoong*. (Serves 10 to 12)

Chicken Curry

This dish is rich in flavor and consistency, and it is very satisfying. It is a combination dish, using coconut milk which is local ingredient and a dash of curry powder which gives it a distinct foreign taste. Chicken curry prepared this way:

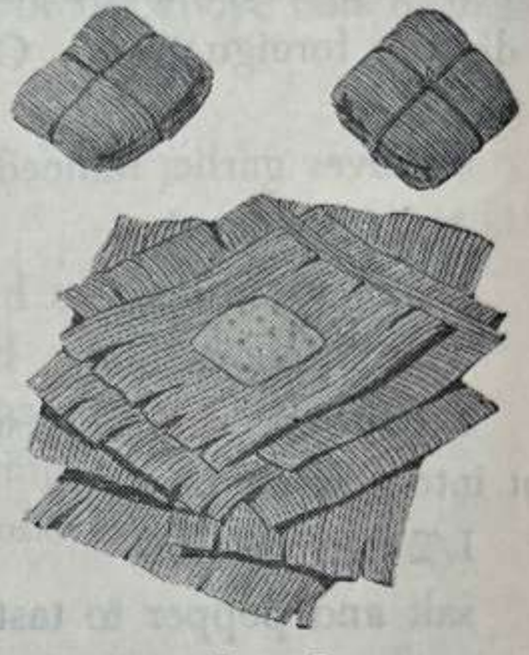
5 cloves garlic, minced
1 onion, sliced
2 tomatoes, diced
3 tablespoons lard
1 chicken, dressed (weighing about 1-1/2 kilos), and cut into serving pieces
1/2 cup vinegar
salt and pepper to taste
3 teaspoons curry powder
2 cups thick coconut milk
2 red peppers, cut into strips

Saute the garlic, onion, and tomatoes in lard.
Add the chicken to fry a little.
Season with salt and pepper.
Add the vinegar; boil; then add the coconut milk and stir continuously to prevent curdling.
Cover and cook slowly until chicken is tender.
Add curry powder and red peppers.
Cook until done.
Serve hot. (Serves 12 to 15)

Old Fashioned Tamales

This Pampango delicacy is a meal in itself.

1 liter enriched rice, washed and dried in the sun
1 chupa toasted peanuts, ground
lard, salt and pepper
1 small chicken, boiled and sauteed without the bones
1/2 kilo pork, sliced and sauteed
A slice of ham, cut into strips
1 *chorizo de Bilbao*, sliced
3 hard-cooked eggs, sliced
1/5 kilo shrimps, shelled and sauteed



Tamales

Toast half of the rice.

Grind the raw and toasted rice separately.

Saute the ground rice separately, adding water or thin coconut milk to form a thick paste. Stir continuously to prevent burning. Season with salt and pepper. Set aside.

Cut wilted banana leaves into rectangles and wipe clean.

Place in the center of each leaf, 3 tablespoons of each of the rice and 1 tablespoon of peanuts side by side.

Top with slices of chicken, pork, ham *chorizo*, egg, and shrimps.

Wrap securely with a piece of leaf and wrap again with another piece, first lengthwise, then crosswise.

Tie each *tamales* securely and arrange layer by layer in a pot.

Cover with water and boil; lower the fire and cook slowly about 30 to 45 minutes.

Cool and serve. (Makes 10 to 12 *tamales*)

Stuffed Shrimps

Shrimps are always a popular dish anywhere, anytime, cooked simply or with trimmings.

12 big shrimps, shelled, leaving the tail intact, and slit at the back
salt and pepper to taste
12 strips ham
4 tablespoons flour
2 eggs, well beaten
lard for frying

Remove the thread-like intestine of the shrimps with its black contents.

Season with salt and pepper.

Insert one strip of ham into each shrimp and press sides together.

Roll in flour and dip in beaten eggs.

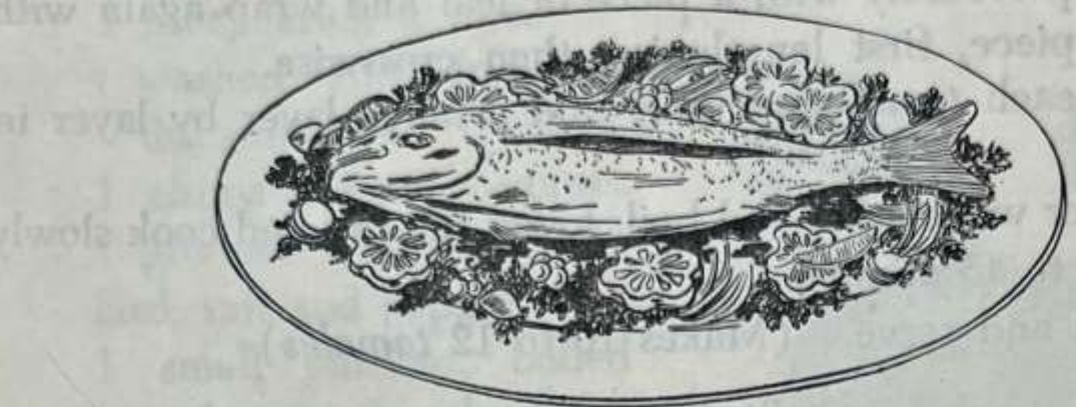
Fry until golden brown.

Serve with sweet-sour hot sauce.

(Serves 6)

Escabeche Macao

This is a Chinese dish. The flavor agrees with the Filipino taste. The dish is usually served in between meat courses. It serves both as a viand and a relish. *Pampano*, *apahap*, *lapu-lapu*, or *tursilyo* is used as the main ingredient.



Fish escabeche

1 average-sized fish (about 3/4 to 1 kilo)
salt to taste
2 tablespoons cornstarch
1/2 cup sugar
lard for frying
1/2 cup vinegar, diluted in 1 cup water
5 cloves garlic, sliced
1 onion, sliced
A piece of ginger, in strips
1 red pepper, in strips
A few stalks *kintsay*
2 potatoes, cut into strips and fried

Clean and wash the fish. Slit diagonally on each side and sprinkle with salt. Let stand for 10 minutes.

Drain and wipe dry.

Fry in hot fat until brown. Set aside.

Mix the cornstarch, sugar, *toyo*, and salt with the water and vinegar in a saucepan.

Add the garlic, onion, ginger, and red pepper and bring to boil. Cook until thick.

Add the fried fish and cook for 5 minutes more.

Transfer to a platter and garnish with fried potatoes and fresh *kintsay*. (Serves 10 to 12)

Tortilla de Cangrejo

Tortas and *tortillas* are indispensable for breakfast receptions. They are the main course at a coffee party or a birthday or an anniversary breakfast. All other courses served should complement these dishes.

3 cloves garlic, minced
2 onions, diced
lard for frying
meat of 6 boiled crabs (either *alimango* or *alimasag*)
1 young *patola*, pared and sliced
salt and pepper to taste
3 eggs, beaten until creamy

Saute the garlic and onion; add the crabmeat and *patola*.

Season with salt and pepper; cover and cook until done. Drain off any liquid and set aside.

Heat the fat in a frying pan.

Pour 1/2 of the beaten eggs into the pan and allow these to spread to the sides of the pan.

Place half of crab mixture in the center of the egg and fold one side over the other.

Brown both sides of *tortilla*.

Repeat procedure for the other *tortilla*.

Slice and serve with sauce.

Makes 2 *tortillas* (Serves 6)

Sauce

To the liquid from crabs, add toyo and a little sugar to taste.

Thicken with a little cornstarch.

Cook until transparent and thick.

Pour over *tortillas*.

These fancy and elaborate *fiesta* dishes are always supplemented by delicious desserts called *dulces. Dulces* is a Spanish term meaning sweets. Most of these sweets still bear the foreign influence while some are typically Filipino. Below are some *dulce* recipes:

Santan (*Matamis sa bao*)

6 cakes *panutsa*
4 cups water
grated rind of one *dayap*
2 grated coconuts
2 young coconuts, (*buko*), shredded

Chop the *panutsa* and cook in 2 cups water.

Stir. When it starts to boil, add lemon rind.

Add the remaining water to the grated coconut. Squeeze hard to get the milk.

Add the coconut milk and the shredded young coconut to the *panutsa* syrup.

Cook slowly until thick enough to form into soft balls when dropped in cold water.

Remove from the fire and pour into heated sterilized jars.

Platanillas

1-1/2 cups water
1 kilo sugar
1 teaspoon vanilla
8 eggyolks

Melt the sugar in water and cook to a syrup.

Add vanilla.

While the syrup is boiling, beat the eggs until lemon colored.

Drop by spoonfuls into syrup. Spread each *platanilla* until thin.

When done on one side, turn to cook other side.

Remove from syrup and arrange on plates.

Fold each *platanilla*. Pour syrup over each. (Serves 8 to 10.)

Ubi Jam

1 cup cooked mashed *ubi* (preferably the purple colored)
1 cup milk
1 cup sugar
2 *pandan* leaves

Boil *ubi* until tender. Peel and press through a grinder or sieve.

Make a syrup of the milk and sugar.

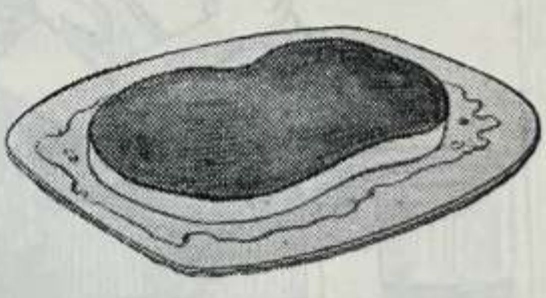
Add *pandan* leaves cut into 2-inch lengths.

Add the *ubi* and stir continuously over low heat.

When thick and creamy, remove from the fire and put on a platter.

Coconut Milk Custard

1/2 cup brown sugar and
1/4 cup water for
  caramel syrup
lemon rind
4 eggyolks and 2 whole eggs
1/4 cup sugar, white
1 cup pure coconut milk
1 can condensed milk



Coconut milk custard

Prepare the caramel syrup by boiling the brown sugar and water until thick.

Add the lemon rind. Cook until the syrup is caramelized.

Pour syrup into a custard pan to coat the bottom and sides evenly. Set aside.

Beat the egg yolks until creamy. Add the whole eggs and continue beating.

Add the sugar, a spoonful at a time.

When mixture is well blended, add the coconut milk and condensed milk. Stir well.

Strain mixture into the custard pan. Steam or bake.

When done, remove from the fire to cool.

Loosen the custard at the sides with a table knife and transfer it by inverting pan over a platter. Let the syrup drain into it.

Serve cold. (Serves 12)

Class Activities

1. Things to do

a. Select a recipe for a tryout for an important occasion.
b. Prepare and serve it to your family and friends.
c. Ask your folks how they liked your cooking.
d. Judge the result.

2. Things to remember

a. When following a recipe, use correct measurements. Assemble ingredients and equipment before starting to work. Follow directions carefully.

b. Any recipe may be changed a little to suit individual tastes.

c. Hot dishes should be served hot and cold dishes, cold.

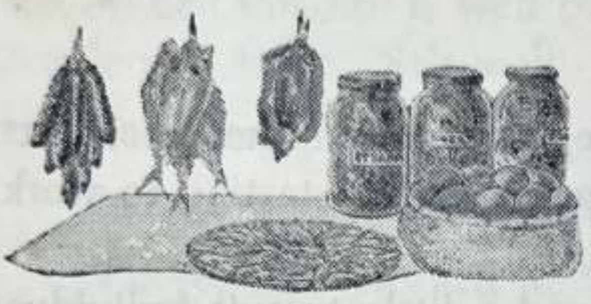
d. Dishes should not only be well done, but should also be served attractively and correctly.

3. Word study

a. truss
b. cavity
c. caramelize
d. relish
e. garnish
f. offset
g. criss-cross
h. consistency
i. curdling
j. supplement

When you visit homes in the provinces you will see jars of preserves lined up on the top shelf of the *aparador platera* (glass cabinet). Go to the kitchen and you will find strings of *langgonisa, daing, tuyo, tapa,* and *tocino* dangling from a shelf or the ceiling.

Housewives spare no effort to provide their family a steady supply of food through the seasons. When fruits, vegetables, fish, meat and eggs are plentiful, they are preserved and stored for future use.



Preserves

This chapter will give you some of the methods used for preserving food.

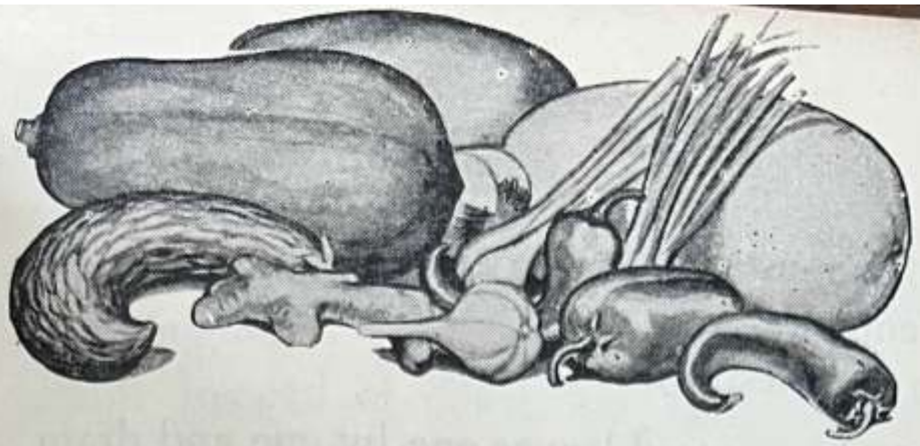
Pickling

Pickling is the method of preserving food with the use of a mixture of vinegar, salt, sugar, and a little spice. Pickles are used as relishes and flavorings for some foods. There are two types of pickling: simple pickling and fermented pickling. Simple pickling is done with vinegar, salt, sugar, and some spices. Fermented pickling uses only salt and water solution which is boiled and then cooled. This relish goes well with fatty and rich foods, like *lechon, mechado,* and dried fish and meats.

The recipe given below is a simple pickle dish:

Atsara (Green papaya pickle)

5 cups shredded papaya



Vegetable for pickling

1 young *amargoso*, sliced thin
2 red green peppers, cut in strips
1/4 cup sliced garlic
1/4 cup ginger, cut in strips
1/2 cup native onion, sliced
2 cups vinegar
1-1/2 cups sugar
2 tablespoons salt

Sprinkle the shredded papaya with salt. Let stand for 30 minutes. Add a little water and squeeze. Loosen the shreds of papaya and place in a clean bowl.

Split the *amargoso* and scoop out the seeds. Rinse well and slice into thin pieces.

Wash and cut the peppers and remove the seeds. Cut into strips.

Toss all vegetables together until evenly mixed. Pack in sterile jars.

Boil the vinegar, sugar, and salt.

Strain through a clean *sinamay* cloth.

Pour into the packed vegetables.

Seal the jars. Sterilize by boiling for 20 minutes.

Keep in a cool dry place. After 4 or 5 days, the *atsara* is ready.

An example of fermented pickling is the *buro*. The main ingredient may be green mango, whole or sliced, *santol, pahutan*, or mustard leaves. Here are several *buro* recipes:

Burong Mustasa

2 kilos mustard leaves
10 cups water
4 to 5 tablespoons salt

Wash the mustard leaves one by one and drain. Cut into 1-inch lengths. Arrange inside a clean pot or clay bowl (*kamaw*).

Boil the water and salt.

Cool a little and pour over the mustard greens. Mix well to heat greens evenly. Cool.

Cover bowl with a clean cloth. Set in a cool dry place. After 3 to 4 days the *buro* is ready.

(Make sure the utensils used in the preparation are clean and free from grease).

Another kind of *buro* uses fish for its main ingredient. Soft-boiled rice and salt are used for fermentation. Try this *burong dalag*.

Burong Dalag (Mudfish)

1 medium-sized *dalag*
1 cup soft-cooked rice
1 tablespoon *angkak*, powdered
salt as needed

Clean and dress the fish. Slit at the back lengthwise and removed the enrails. Rinse well, drain, and rub with salt. Set aside.

Combine the rice and *angkak*. Cover the fish inside and out with this mixture. Put this in a clean container, an earthen pot or *kamaw*. Cover top with *sinamay* cloth. Keep in a cool dry place.

When the mixture smells sour, it is ready.

To prepare this relish for the table, it is sauteed in garlic, onion, and tomatoes. It is served plain as a dish or it is used as a sauce for *sinigang*.

(Variation: Instead of *dalag*, any variety of small fish, like *dilis* or *silinyasi*, may be used.)

Salting (Curing by means of salt)

Salt is a mineral we add to our foods. It comes from sea water and is rich in iodine and calcium. This is the reason our salted dry foods are good sources of iodine and calcium.

There are two methods of salting food: by direct application of salt on food to cure it, as in *tuyo, daing, hibi, tapa* and *bagoong;* and by soaking the food in salt solution, then cooking it until dry, as in *tinapa, pangat na tulingan*, ham, and salted eggs.

Salting and curing food is now developing into a big industry in the Philippines. *Tuyo, daing*, and *bagoong* are exported. These foods are in demand throughout the country.

Here are some examples of these preparations:

Bagoong Alamang

1 cup *alamang*	1/3 cup salt

Clean *alamang* of broken shells, weeds, and other foreign matter.

Sprinkle it with salt evenly, and press with the back of a spoon or pound lightly with a pestle.

Put the mixture in a clean container or jar, pressing it down firmly to keep out air bubbles.

Sprinkle the top with salt, then cover the container with a clean cloth or porous paper.

Set aside for 2 to 5 days.

To serve *bagoong,* saute this with garlic. Add a half teaspoon of sugar and one tablespoon of vinegar or *kalamansi* juice.

Bagoong may be eaten with sour fruits, such as green *mango, guava,* and *santol* during a meal. Or it may be used as a sauce for *kari-kari, dinuguan,* or *adobo.*

Bagoong Dilis

1 cup *dilis* (anchovies)
1/3 cup salt
1 teaspoon *angkak,* powdered
juice of one *kalamansi*

Clean and wash fresh *dilis;* drain.

Mix thoroughly with salt.

Put the mixture in a clean container, and cover with a piece of clean cloth. Set aside for 4 days.

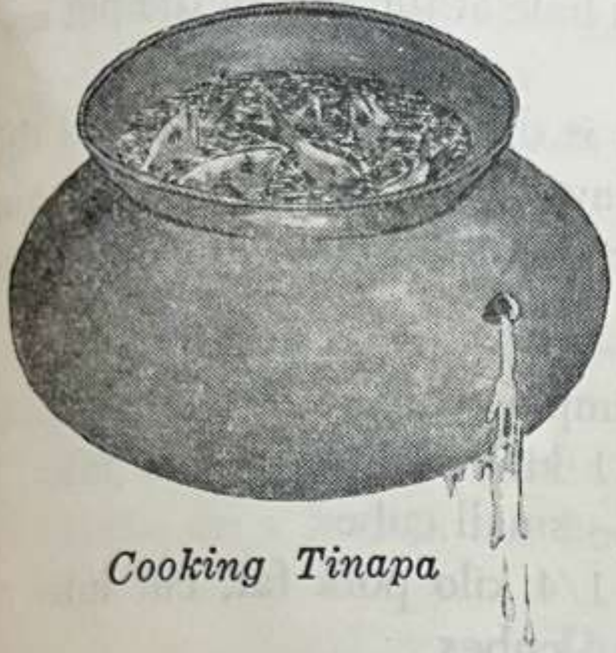
Add powdered *angkak* and one half *kalamansi.*

Tinapa (Smoked fish)

25 to 30 medium-sized fish *lapad, tunsoy, tamban,* or *kabasi*)
2-1/2 cups water
1/2 cup salt

THE POT USED FOR COOKING TINAPA HAS A HOLE ON ONE SIDE. THIS IS PLUGGED WITH A CORK OR ROLLED BANANA LEAF IN THE FIRST STAGE OF THE COOKING.

THIS CORK IS LATER REMOVED TO EMPTY IT OF WATER.



Cooking Tinapa

Wash the fish without removing the scales and intestines.

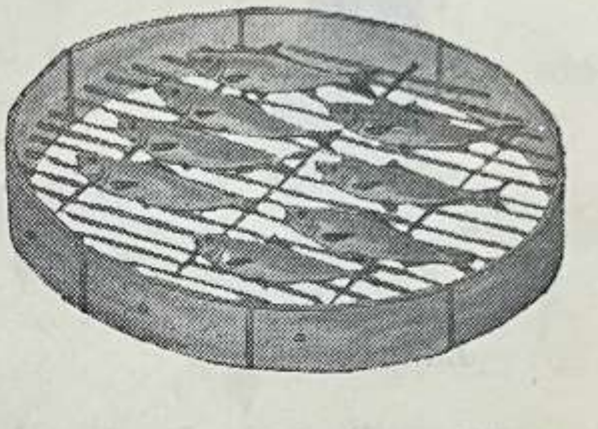
Arrange the fish inside the pot, layer by layer.

Add the salt and water and boil for a few minutes.

Remove the cork from side of pot and let the water out.

Continue cooking until fish is dry. Remove pot from the fire and let the fish cool.

Arrange the fish in rows on bamboo rack. Smoke them with sawdust fire. Brush the skin with cooking oil colored with *atsuete*.



Tinapa on a bamboo rack

Pangat na Tulingan

25 average-sized *tulingan*	1/2 cup salt
2-1/2 cups water	

Wash the *tulingan* in running water. Slit the sides lengthwise and rub with salt.

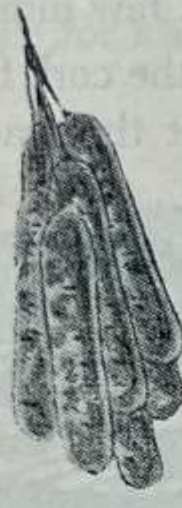
Line the bottom of the pot with banana leaves. This pot should also have a hole on one side. Plug it with a cork.

Arrange the fish inside the pot, and cover with salt and water.

Bring to a boil. Then open hole at the side of the pot and drain off the water.

Continue cooking until fish is dry. *Tulingan* cooked this way will stay good for several days, if kept free from flies and dust. Serve *tulingan* with *burong mustasa* mixed with diced tomatoes and onions.

Langgonisa (simple recipe)



Langgonisa

- 1 kilo pork meat, cut into small cubes
- 1/4 kilo pork fat, cut into cubes
- 2 tablespoons pounded garlic
- 2 teaspoons salt
- 1/2 cup vinegar, colored with *atsuete*
- 3 teaspoons Perrin's sauce
- 1/2 teaspoon ground pepper

Mix all ingredients thoroughly, pressing them well together.

Set aside for 1 to 2 hours.

Fill in casings 5 to 5 inches long.

(Casings for *langgonisas* are pork intestines pumped with air and dried.)

Tie ends of casings with thread, *abaca*, or fine string.

Hang up on a line in the house for future use.

Langgonisa Especial

1-1/4 kilo ground pork

2 tablespoons garlic --- 1 tablespoon minced fine,
1 tablespoon chopped

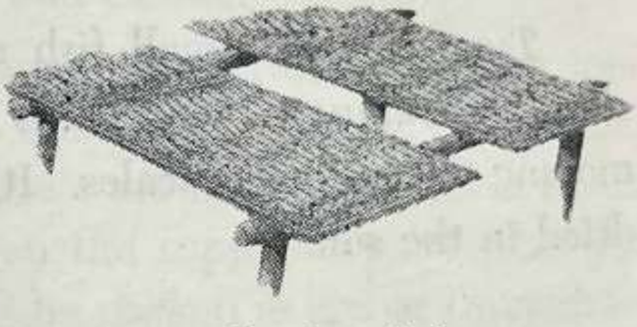
2 tablespoons first class *toyo*
1/4 teaspoon saltpeter
a tiny piece *anis mascada*
2 teaspoons paprika
1 teaspoon pepper, ground fine

Mix all ingredients together. Press, and set aside for 30 minutes.

Fill casings with mixture; tie both ends with a string. Hang on a line in the house for future use.

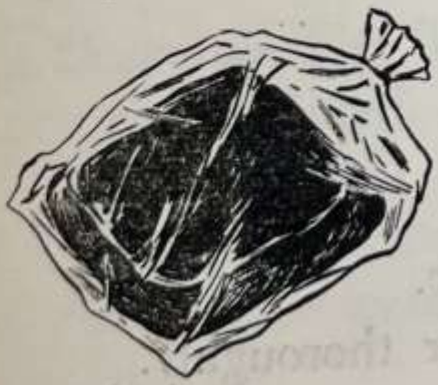
Drying

Another way of curing food is by drying it in the sun after applying a little salt to it.



Drying fish

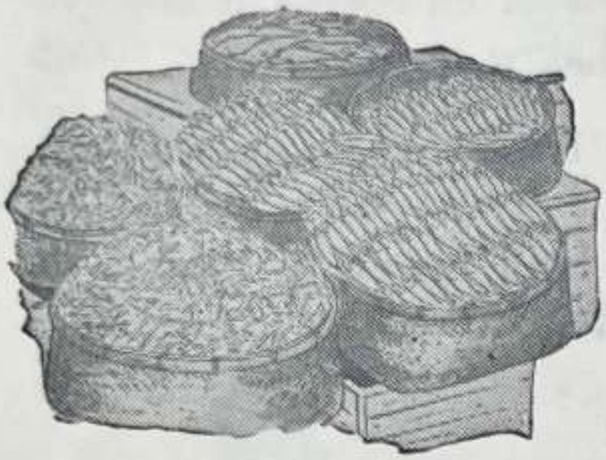
If drying is for commercial purposes, big vats are used for salting food. Salt solution is prepared in vats where quantities of fish are immersed for a day, after which they are spread on *sawali* frames to dry in the sun. When dry, the fish are sorted according to quality and size. They are then packed in wooden boxes for export to other parts of the country.



Tapa

In drying meats, the pieces are hung up on a line to dry. Then they are weighed, wrapped in wax paper, and labeled.

Daing and Tuyo



Tuyo

In preparing *daing*, any kind of fair-sized fish may be used. This is cleaned thoroughly without cutting off the head. It is slit open lengthwise from head to tail and spread flat. The entrails are removed, and after rinsing, the fish is salted and placed in the sun to dry. It is then kept in a place safe from ants and cockroaches.

Tuyo is dried small fish such as *tunsoy, lapad, sapsap, dilis,* and *silinyasi.* The fish is washed thoroughly without removing the head and scales. It is soaked in salt solution, then dried in the sun.

Tapa and Tocino

Tapa is the salted and dried slices of beef, while *tocino* is the salted and dried slices of pork *liempo.*

1 kilo of beef or pork *liempo,* sliced thin
1/4 cup salt
1/4 cup sugar
1 teaspoon saltpeter

Slice the meat as thin as possible.

Mix the salt, sugar, and saltpeter thoroughly.

Rub the slices of meat with this mixture.

Pat and press mixture into meat.

Let stand for a few hours.

Hang slices on a line to dry.

Wrap in wax paper.

Salted Eggs

Use as many eggs as desired.

Use enough water to cover the eggs and as much salt as there is water.

Mix salt and water to form salt solution.

Soak the eggs in the solution for at least one week.

Remove and wrap eggs in wax paper to prevent evaporation until needed.

To serve these eggs, simmer until hard-cooked.

Preserving and Canning

Preserving and canning are the processes of curing food in either sugar or salt to keep them from spoiling. Vegetables and fruits are plentiful when these are in season. These should be preserved and canned when the supply is more than you can consume. Then they may be packed in jars or canned and stored in a clean, dry place to be made available throughout the year. Use firm, fresh, and just-ripe fruits and vegetables for canning.

Santol Preserve

25 *santols,* big, fleshy and newly picked
2 kilos sugar
enough water for boiling
enough rice water for soaking

Preserving santol

Boil the *santol* whole.

Pare thinly and slit each *santol around* in the middle.

Soak in rice water to which a little lime has been added for two days, changing the water every day.

Rinse, remove the seeds and drain.

Boil 6 cups sugar in 6 cups water to make a thin syrup.

Boil the flesh of the *santol* in this syrup.

Cool and drain.

Prepare a thick syrup with 3 cups water and 6 cups sugar.

Cook *santol* in thick syrup over low heat until transparent.

Pack while hot in sterilized jars and seal tightly.

This recipe may be followed in preserving guavas, green tomatoes, and similar fruits.

Balat ng Suha (Pomelo rind)

1 pomelo peel, green and fresh, without spots
water for boiling and soaking
1 kilo white sugar

Scrape the surface of the peel thinly.

If you have a set of fruit decorators, make flower and leaf designs on the peels.

Boil the peelings in enough water to cover.

Remove from the fire, cool, and squeeze out all the water.

Soak in cold water with a little lime for three days, changing and squeezing out the water every day.

Make a thin syrup of 4 cups sugar and 4 cups water.

Cook the peelings in this syrup until transparent. Drain.

Cook again slowly in thick syrup, using 4 cups sugar and 1 cup of water.

Pack while hot in sterilized jars, and store in a clean dry place.

This recipe may be used for orange, lemon, and lime peelings.

Kamyas

20 to 25 *kamyas*, green, full, newly picked
a handful of salt
water for soaking
1 kilo white sugar

Select full, heavy and evenly colored *kamyas.*

Prick each around with a toothpick.

Sprinkle with salt and roll over a smooth surface with the palm of the hand to remove the sour juice.

Soak in water to which a little lime has been added and dissolved.

Change the water every now and then for the day.

Rinse and drain.

Prepare a thin syrup.

Boil *kamyas* first in this syrup. Drain.

Prepare a thick syrup and cook *kamyas* in it, cooking slowly until done.

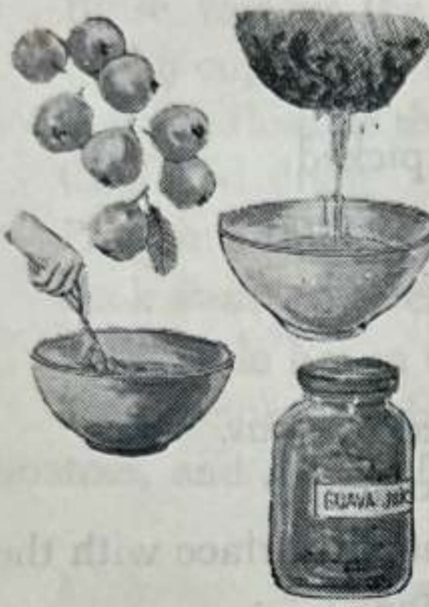
Pack while hot in sterilized jars, and store in a clean dry place.

Guava Jelly

a small basket of ripe guavas
sugar
one or two tamarinds

Wash and boil the guavas and tamarind with just enough water to cover.

Mash and boil again.



Making guava jelly

Put into a jelly bag and hang overnight to allow the juice to drip into a bowl.

Measure the juice. For 1 cup of juice, add 2/3 to 3/4 cup sugar.

Boil rapidly until jelly coats the spoon when dipped into it.

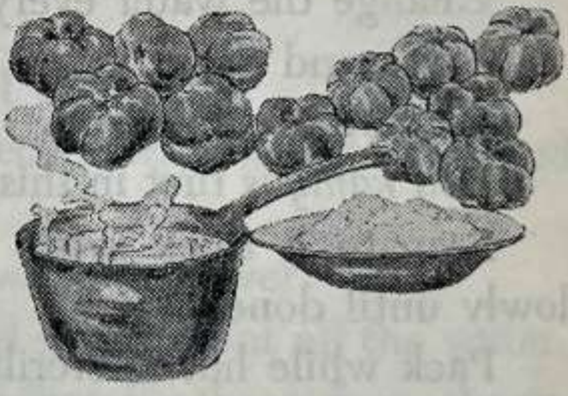
Pour into sterilized jelly glasses and seal tightly.

Keep in a dark, cool, dry place.

Canning Tomatoes or Any Similar Vegetable

1 kilo tomatoes, firm
4 teaspoons salt
enough boiling water
to cover

Scald the tomatoes and peel.



Canning tomatoes

Pack tightly into jars, pressing down gently.

Add the salt and enough boiling water to reach the mouth of the jar.

Cover tightly.

Place the jars in a kettle lined with a towel and with enough hot water to cover the jars.

Boil for 25 to 30 minutes.

Cool and remove the jars from the kettle. Tighten the covers some more.

Keep in a cool dry place.

When tomatoes are in season, they are large, fleshy, and cheap. It is the best time for canning them.

Class Activities

1. Things to review

Fill the blanks in the statements below from the list at the right.

a. Preserving and canning food are natural —————— of the Filipino woman.

b. Local products are preserved when these are in ——————.

c. Preserves are a standby when these particular foods are ——————.

d. Food preservation with the use of vinegar, salt and sugar is called ——————.

e. —————— is a mineral we always add to our food.

f. The pot used for cooking *tinapa* has a —————— on one side for emptying water.

g. The —————— helps in curing food by drying.

h. —————— is the salted and dried pieces of pork.

salt
juice
pickling
hole
hobbies
bacon
scarce
season
tapa
sun

2. Things to do

a. Prepare *atsara*

Make a list of the ingredients needed.
Pack *atsara* in a sterilized jar.
Label the jar properly.

b. Make ordinary *langgonisa.*

Make a list of the ingredients.
Give the steps in preparation.
Make a list of the expenses and compare the total with the amount to be paid for ready-made ones in the market.

3. Things to remember

a. The best time for canning and preserving food is when it is in abundance.

b. This may be done when your supply is more than you can consume.

c. Use only those foods that are fresh, firm, and in sound condition.

d. Commonly used preservatives are salt, sugar and sunshine.

e. Canning or preserving food is a profitable hobby.

4. Word study

a. fermented
b. immersed
c. evaporation
d. in season
e. scarce

GLOSSARY OF LOCAL TERMS

adobo – A meat dish cooked in vinegar, salt, and spices and later browned in hot fat

afritada– A dish of meat or fish, tomatoes, onions, sweet pepper and potatoes

alagaw – Sweet smelling tender leaves for flavoring; matured leaves make good dishcloth substitute

alamang – Very tiny shrimps in season during rainy days

alige – Fat of crabs

alimango – Crab with dark green color and sturdy shell

alimasag – A sea crab, lighter in color and smaller than the alimango

almondigas – Ground meat formed into balls and cooked with broth

alugbati – Greens used for food, purplish in color; becomes slimy when cooked

ampalaya – Amargoso fruit; bitter melon; also leaves

anay – white ants

angkak – Red-coated rice used in fermenting fish (Chinese origin)

anise – Tiny seeds with aromatic flavor and odor

anisado – White wine with anise flavor

apulid – Water chestnuts

apahap – A variety of salt water fish with white meat

atis – Sweet sop; sugar apple

asad – Bamboo sticks criss-crossing each other, used for lining the bottom of a clay pot. Sometimes strips of sugar cane is used instead of bamboo.

asado – A meat dish cooked over slow fire with onion, toyo and little sugar

asuhos – Sand borer (scientific name of a salt water fish)

atsara – Native pickle

atsuete– Annato seeds for coloring food

ayungin – Silver perch (scientific name of a fresh water fish)

bago – New (usually refers to newly harvested rice)

bagoong — Salted and fermented small fish or tiny shrimps
baksay — Igorot dish of boiled gabi leaves and potatoes
balimbing — Star-shaped fruit
balut — Fertilized duck's egg, boiled and eaten as a delicacy
banggerahan — Dish stand, usually attached outside a window
bangus — Milkfish
basi — Native wine
batalan — Washing place in the kitchen floor of nipa house
bataw — Hyacinth beans
batsoy — Internal organs of pig sauted with garlic and ginger and cooked with broth
bibingka — Rice cakes
bihon — Rice noodles (Chinese origin)
biko — Glutinous rice cooked with coconut milk and sugar
bilao — Shallow round basket
bilo-bilo — Ground rice formed into small balls
binanggit — An Igorot dish consisting of pork and gabi leaves
biskotso — Toasted bread (Spanish biscocho)
bistay — A shallow round basket with bigger mesh
bisugo — Fish with pinkish scales
bituka — Intestines
biya — Fresh water fish caught in rivers (Goby)
bukayo — Grated coconut candy
buko — Young coconut
bulang-lang — A Tagalog dish of broiled fish and vegetables
buntot — Tail (refers to cow's or hog's tail)
buro — Fish-meat, or vegetable pickled and allowed to ferment
butse — Ball-shaped rice flour with sweetened mongo filling and fried in hot fat
butuan — A seeded banana variety
camaron — Shrimps
camiseta — Undershirt
capon — Caponized chicken or other animals to fatten them and use them for food
cardillo — A fish dish, fried, sauted in garlic, onions and sliced tomatoes and boiled with beaten egg

champorado – Rice porridge with cocoa and sugar
choriso de Bilbao – Spiced sausage (Spanish)
daing – Fish, sliced open, salted and dried
dahon sili – Leaves of pepper
dalag – Mudfish
dalagang bukid – Caesio (scientific name of a kind of fish)
dampalit – A salad green
dapa – Flounder (a kind of fish with flat body, grey on top and white under)
darak – Rice bran
dayap – Native lime, bigger than *kalamansi*
demshang – Roasted skin of a butchered dog; an Igorot dish
dilaw – Yellow ginger, tumeric
dilis – Anchovy
dinulang – A low dining table
dinuguan – A meat dish consisting of internal organs mixed with cow's or pig's blood
duhat – Blackberry
durian – A favorite fruit in Mindanao with a very strong odor
gabi – A tuber, glutinous in texture
galapong – Rice flour batter
garbanzos – Chick pea
gata – Coconut milk
gatang – A measure of rice, usually an empty can of condensed milk
gawgaw – Cornstarch
gilagid – Gum of butchered animal
ginatan, or ginataan – cooked with coconut milk
ginisa – sauteed
gogo – Bark of a tree; when soaked in water makes a good shampoo
goto – Tripe
guyabano – Soursop
guisado (Spanish) – Sauteed
gulaman – Agar-agar; a kind of seaweed
halaan – A variety of clams
halabos – Cooked in salt and water until dry

halo-halo — Cooked sweetened bananas, mongo, sweet potatoes with milk and crushed ice
hasa-hasa — Mackerel
heko — Sediment formed from fermented fish
hibi — Dried, salted, shelled shrimps
himbabau — A vegetable flower
hipon — Shrimps
hito — A variety of catfish, fresh water
inihaw — Broiled fish or meat
inuyat — A very thick syrup
is-is — Leaves with sandpaper-like texture used for cleaning and scrubbing
kadyos — Pigeon peas
kabuyaw — A native lime with uneven thick skin
kalamansi — A native lemon (*Kalamansi or lime*)
kalamay — Ground glutinous rice cooked with coconut milk and sugar
kamaw — A native bowl made of clay with a shiny, smooth finish
kamatsili — Guamachil
kamote — Sweet potatoes
kamyas — Small green fruit used for souring a dish
kanduli — A fresh-water fish of the catfish family
kanela — Cinnamon
kangkong — Swamp cabbage
kasubha — Saffron
karburo — Carbide
kasuy — Cashew fruit
katuray — The flowers of the *katuray* tree used for salad
kesong puti — Cottage cheese
kintsay — Chinese celery
kiti-kiti — Mosquito wrigglers
kitang — Butterfish or spade fish
kulitis — Spinach
kundol — Wax gourd
kutsay — Chinese leek
kutsinta — Steamed rice batter cooked with sugar and lye

jamon-en-dulce — Ham coated with caramel sugar
labahita — Sturgeon fish
labanos — Radish
labong — Bamboo shoots
lakatan — A variety of bananas with a pleasing smell, light orange in color
lagkitan — Glutinous corn
laksa — Literally means a thousand; a Visayan dish of sauteed variety of vegetables cooked with *sotanghon* or eggnoodles
llanera — A tin mold used for cooking custard
lansungan — Native steamer
laon — Old, aged (refers to rice harvested the year before)
lapad — Herring
lapay — Pancreas
lapu-lapu — Sea bass or grouper
latik — Residue of coconut milk after extracting oil
laurel — Bay leaf
lauya — A kind of relish
litson or lechon — Roasted pig
liempo — Flank
leche-flan — Custard
lihiya — Wood ash lye
linga — Sesame seeds
lomo — Sirloin
langgonisa — Native sausage
lupo — Visayan term for *upo*
lumpia — A dish of mixed vegetables cooked with pork and shrimps. To serve, it is wrapped tube-fashion in thin pastry wrapper and served with a sweet-salty brown sauce
luya — Ginger
makapuno — A variety of coconut full of soft meat
makopa — A bell-shaped fruit with reddish skin and white pulp
malagkit — Glutinous rice
malasado — Half-cooked (egg)
malunggay — Edible leaves of *malunggay* tree; pulp of fruit

Mangostan – Sweet-sour fruit, mangosteen
mamarang – Fresh mushroom
mani – Peanut
mechado – Meat dish with fat insertions and cooked in sauce of tomatoes, onions, toyo, and laurel leaves
merienda – Afternoon snack
miki – Wheat noodles
miso – Paste made of fermented soy beans
miswa – Very fine wheat noodles
mustasa – Mustard
natong – A Bicolano name for gabi leaves
nilaga – Boiled dish of fish or meat
okra – A pepper-like fruit, slimy when cooked
oregano – Mexican sage
paayap – Short string beans, dark green in color
pabaon – Send off gift
pagi – Ray fish
palayok – Native pot of clay
palabok – A thick sauce of shrimp juice, starch and coloring
palitaw – Malagkit flour ground and formed into flat, tongue-shaped pieces, cooked in boiling water. When done, the pieces float; served with coconut and sugar mixed with *linga*.
palubog – Native fruits dipped in thick boiling syrup
pakô – Fernshoot
paminta – Peppercorn
pakaskas – Brown sugar in buri case
paksiw – A dish of fish or meat cooked in vinegar and ginger and vegetables
paminton – Paprika
pansit – A dish of Chinese rice noodles
pangat – A fish dish cooked in little water and salt
pan de sal – Bread rolls, slightly salted (Spanish)
panutsa – Cake molasses
paros – A variety of small clams
pasalubong – Gift of welcome

pata – Shank
patani – Lima beans
patis – Liquid from salted and fermented fish, used as seasoning
patola – Sponge gourd
pastillas – Rolled sweet paste used as dessert
penoy – Unfertilized, cooked egg
pesa – Boiled in ginger, water and salt
petsay or pechay – Chinese vegetable
pili – A native nut covered with a very hard shell
pimiento – Sweet pepper
pinakbet – A vegetable dish with broiled fish
pirurutong – Dark purple-colored rice
pinipig – Immature glutinous rice, pounded thin
pospas – Rice gruel with chicken or meat
pulutan or sumsuman – Any dish taken with wine
puso ng saging – Banana inflorescence
puto – Rice cake, steamed
putsero – Stewed meat
queso de bola – Cheese ball
rambutan – Native lichees
rimas – Bread fruit
relleno – Stuffed
saba – A variety of bananas, usually eaten cooked; green made into flour
sago – Tapioca
salabat – Ginger tea
salitre – Saltpeter
salop – Ganta
saluyot – Jute
sampalok – Tamarind
sandok – Native ladle
santol – Sour fruit with seeds covered with white pulp
sapsap – Slipmouth
sasa – A native palm abundant in swamps
siyansi – Turner
silinyasi – Sardine

sibuyas na mura – Green onion
sigarilyas or seguidillas – Winged peas
sili – Pepper
siling labuyo – Tiny hot pepper
sinangag – Toasted cooked rice
sinamay – A native fabric of abaca
singkamas – Yambean, turnip
sinigang – A fish or meat dish cooked with sour fruit and vegetables
siniguelas – Spanish plum
sinukmani – Malagkit rice cooked with coconut milk
sitaw – String beans
sitsaro – Sugar peas
sitsaron – Skin of pig made crisp by frying; cracklings
suahe – Dark green variety of shrimp
sugpo – Prawns
suha – Pomelo
suman – A starchy preparation of malagkit, rice flour, or cassava wrapped in banana or other leaves and cooked in water until done
sumsuman is *pulutan* in (Visaya) – Served with wine
sotanghon – A variety of glutinous rice noodle, somewhat transparent when cooked
tagalog – Pilipino, National Language spoken by people of Luzon and along the Manila bay area
tahuri – Salted and cured soybean curd
taingang daga – Dried, black mushrooms, Chinese origin
tambo – A kind of grass used for making brooms
tamales – A rice flour delicacy with chicken meat, ham and egg wrapped in banana leaves and boiled until done
tapa – Sun-dried salted slices of meat
talangka – Tiny crabs found in fresh-water places during the rainy season
tausi – Salted and cured soy beans
taucho – Fermented soy beans
talimusak – Small fish of goby family
tilapia – Leather jacket (kind of fish)

tinapa – Smoked fish
ting-ting – Midrib of palm leaves
tocino – Bacon
toge – Sprouted mongos
tugi – Tuber variety
tokwa – Soy bean cake
toyo – Soy sauce
tuakang – Big variety of anchovies, adult

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APPENDIX

SOME OF THE ESSENTIAL FOOD NUTRIENTS[1]

THEIR FUNCTIONS AND IMPORTANT SOURCES

NUTRIENT	FUNCTION	DEFICIENCY SYMPTOMS	PLANT SOURCES	ANIMAL SOURCES
CARBOHYDRATES	**ESSENTIAL TO:** Supply essential necessary to provide energy for body activities and body heat	Underweight General weakness In service deficiency, fainting, collapse, and even death may occur	1. Of Starch Breads Cereals Rice and products Puto, suman Kutsinta Rice Flour- bihon Potatoes Starch roots 2. Of Sugars Fruits Molasses Preserves Jams Jellies Cakes Cookies Candies	(None comparable to plant sources)
PROTEINS	**ESSENTIAL FOR:** Building and repairing body tissues and body fluids Supplying heat and energy when there is shortage of fats and carbohydrates Maintaining acid-base balance	Retarded growth Slow recovery from disease Infants underweight at birth Edema Loss of weight	Garbansos Tokwa Peanut butter Mongo and other dried beans Cereals Nuts	Meat (lean) Internal organs — liver, heart, kidney, etc. Poultry eggs Fish, shellfish Milk and milk products
FATS	**ESSENTIAL TO:** Help maintain body heat Supply in concentrated form, energy for body activities Supply essential fatty acids and fat-soluble vitamins	Underweight Sluggishness In prolonged and severe deficiency, signs and symptoms of fat-soluble vitamin deficiencies are observed. Skin irritation like eczema also appear	Margarine (fortified or enriched) Nuts Salad Oils Shortening Vegetable Oils	Butter Cream Fats from meat Lard

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[1] Food and Nutrition Research Center, National Science and Development Board

NUTRIENT	FUNCTION	DEFICIENCY SYMPTOMS	PLANT SOURCES	ANIMAL SOURCES
VITAMIN A	**ESSENTIAL TO:** Growth Maintenance of good health Normal eye, functioning Healthy skin and mucous membranes Resistance to infection	Retarded growth Inability to see in dim light Rough dry skin and membranes Low body resistance to disease Eyes sensitive to bright Xerophthalmia of deficiency is severe	PRO-VITAMIN A Leafy Greens — Malunggay, amargoso pechay, lettuce mustard, camote spinach, pepper, kangkong, gabi leaves, alugbati Carrots Yellow camote Squash Ripe papaya Yellow corn Ripe mango Fortified Margarine (Vitamin A)	Liver and fish oils Egg yolk Butter Cream Milk-Dried whole milk evaporated milk
THIAMINE (B_1)	**ESSENTIAL FOR:** Carbohydrate metabolism Maintenance of good appetite and normal digestion Growth Normal eye function Healthy skin and Prevention of beriberi	Lack of appetite Retarded growth Nervousness Constipation Fatigue Beriberi in severe deficiency	Darak Mongo Patani Soybeans Peanuts Corn Sitaw Pepper leaves Toge (sprouted mongo) Pinipig Whole grain and enriched cereals	Pork (lean) Liver, heart, kidney, etc. Egg yolk Milk—Whole Skin
RIBOFLAVIN (B_2 or G)	**ESSENTIAL FOR:** Growth Health of skin and eyes Normal functioning of nervous system	Retarded growth Sores in angles of mouth and folds of nose Itching burning eyes	Darak Dried lima beans Soybeans Malunggay Ampalaya tops Kulitis Bataw Kadios Camote tops Saluyot Pepper leaves Kangkong	Liver, heart, kidney, etc. Milk and milk products — Dried milk, evaporated milk and cheese Eggs Meat (lean)
NIACIN (formerly nicotinic acid)	**ESSENTIAL FOR:** Growth Proper functioning of digestive and nervous system Health of the skin Prevention of pellagra	Loss of appetite and weight Rough-red skin which later becomes pigmented Digestive and nervous disturbances Pellagra in severe deficiency	Peanuts Rice polishings Whole wheat bread Enriched bread Enriched rice Fruits, dried Potatoes Mongo Soybeans Dried beans Malunggay Kulitis	Liver Meat (lean) Pork Beef Poultry Fish

NUTRIENT	FUNCTION	DEFICIENCY SYMPTOMS	PLANT SOURCES	ANIMAL SOURCES
ASCORBIC ACID (C)	**ESSENTIAL TO:** Form and maintain cementing substance between body cells Blood-forming cells Body cell respiration Resist infection Prevent scurvy	Tendency to bruise easily Spongy gums; loose Degeneration of muscle fiber, ligaments, tendons Bone changes (as in rickets) Anemia Scurvy in severe deficiency	Kasuy (fruit) Guava Strawberry Tomato Citrus fruits— Orange, kalamansi Leafy Greens— Malunggay, kulitis, ampalaya, pechay, saluyot Cabbage (raw) Pepper, red and green Sinigwelas Melon Pineapple Chico Papaya Yellow kamote Sitsaro Toge	Appreciable amounts of vitamin C were found in cooked "lapay" (spleen) of hogs, beef liver heart, kidney
VITAMIN D	**ESSENTIAL TO:** Build and maintain strong bones and sound teeth Regulate calcium and phosphorus metabolism Growth	Malformed or soft bones (rickets) Poor development of teeth Stunted growth Lowered amount of calcium and phosphorus in blood	(None comparable to animal sources)	Fish liver oils Milk fortified with vitamin D Liver, heart, Kidney, lungs, and other internal organs
VITAMIN E (Tocopherol)	**ESSENTIAL TO:** Reproduction in rats, however, no proof as yet of its value to human beings as an anti-sterility factor. Proper utilization of other nutrients	Failure to reproduce in rats	Whole grains Olive oil, cottonseed oil, corn oil, wheat germ oil Green leafy vegetables Beans and peas	Egg yolk
VITAMIN K	**ESSENTIAL TO:** Normal blood clotting	Slow clotting of blood Tendency to bleed easily Hemorrhages following operations or in new-born infants	Green cabbage Spinach Tomatoes	(Note comparable to plant sources

NUTRIENT	FUNCTION	DEFICIENCY SYMPTOMS	PLANT SOURCES	ANIMAL SOURCES
CALCIUM	**ESSENTIAL FOR:** Development of strong bones and sound teeth Normal blood clotting Regulating activity of muscles and nerves Prevention of rickets	Slow clotting blood Stunted growth Defective structure of teeth and bones called rickets in very young children Softening of bones in adults	Soybeans, dried Leafy Greens — Malunggay, saluyot, ampalaya, pechay, kintsay, kulitis, mustard, alugbati Green mongo Tokwa Okra	Milk and milk products — Dried milk, evaporated milk, and cheese Smoked and dried fish, especially if eaten with bones — dilis Alamang — fresh or bagoong Shellfish
PHOSPHORUS	**ESSENTIAL:** In all body tissues and cells For proper bone and tooth development For prevention of rickets	Stunted growth Defective structure of teeth and bones called rickets in very young children	Beans and peas, dried Nuts Whole grain cereals	Meat (lean) Liver, heart, kidney etc. Poultry Fish Eggs Milk — dried, evaporated Milk products —cheese
IRON	**ESSENTIAL FOR:** Building and maintaining blood and giving it the red color Prevention of simple anemia	Nutritional anemia	Leafy Green — Kulitis, saluyot, kintsay, green onions camote lettuce, mustard, pechay Beans, dried; fruits dried Unpolished rice Enriched rice	Liver, heart, kidney etc. Egg yolk Meat (lean) Oysters Clams
IODINE	**ESSENTIAL FOR:** Normal functioning of the thyroid gland Prevention of simple goiter	Enlargement of the thyroid gland	Sea weeds Vegetable foods grown near the seashore	Sea foods — fish, shellfish, etc.

Water is essential for regulating body processes and body temperature.

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